

How to Play:

The Sibling Game

Before you play, decide on a prize you and your siblings are working towards. This must be agreed on by all kids and by parents.

Start at Ready Set Go and do the activity in the box... TOGETHER.

For activities that you do FOR each other, all siblings must participate to earn the square.

Once you have completed the square, let a parent know you've completed that level and are ready to move on.

The parents are the judge and have the final say...they decide if what you did together counts to move on to the next square.

If you bicker or fight over something silly (and a parent decides what is "silly"), you must go back one space and do it again.

If you are mean on purpose to each other, you must go back two spaces and do those squares again.

When you get to the winner box and complete that box, the prize is earned! Congratulate each other and do your "secret" sibling handshake!

For Parents Only Shhhh....

The Sibling Game

Why this works to improve sibling relationships:

- ♥ Siblings tend to compete against each other. This forces them to work together for a common goal. It will unite them.
- ♥ This is especially powerful when they team up together against you...the prize where parents have to do something let's them beat you...together and fuels their collaboration.
- ♥ Kids love to "win." To win, they have to do simple, normal, everyday acts of kindness towards (and for) their siblings. This slowly changes their habits to make these kind acts feel more normal...which makes it easier to repeat over and over again.
- ♥ Make sure the prize you pick is something they *really* want to win so they stay motivated to win it ("ridiculous" prizes are great). Also, choose a prize they will have to enjoy together or enjoy as a family.

The Sibling Game

Work TOGETHER to Win the Prize!

Prize For This Round:



Ready Set Go!

Do a chore for your sibling (without them knowing).

Give your sibling a compliment.

Invite your sibling to play/hang out with you.

Get your sibling a drink when you get one.

Let your sibling go first.

Say "good morning" and "good night" to each other.

Cheer your sibling on when they do something hard.

Write a note/draw a picture for your sibling.

Tell your sibling 3 reasons you love them.

Help your sibling feel better when they're sad or hurt.

Let your sibling decide which show to watch.

Share something you normally don't like to share.

Come up with a "secret" sibling handshake.

Hug your sibling 5 times in one day.

Say "yes" when they ask if they can join in.

Tell your sibling why you appreciate them.

Winners!

Prize Ideas



Remember: All prizes must be agreed upon by all kids and by parents

Go on a family "date night"

Parents have to finish every sentence with "My kids are awesome"

Donut family date

Stay up 10 minutes past bedtime

Extra story at bedtime

Movie and popcorn night

Kids dress their parents for the day

Ice cream for breakfast

Kids choose the game for game night

Sleepover/campout in the living room

Kids choose breakfast, lunch, and dinner

New family game

Parents have to dance to any music kids pick

Opposite Day

"Yes" Day (parents say yes to what the kids want to do all day)

Eat all meals for one day as a picnic

Parents do the kids' chores for 1 week

Breakfast for dinner

Our Family's Prize Ideas



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