

Choose a Chip

Self-esteem and Emotional Intelligence have been shown to have a positive and significant correlation with one another (Ciarrochi et al., 2000). The fun part is, it's easy to create your own self-esteem game with a set of question cards using the Choose a Chip structure.

Here is how the game works using the structure, Choose a Chip:

1. (Question Cards) Chips are spread out on Table FACE UP
2. Parent selects who will START
3. In turn, each person CHOOSES a chip (Question Card) and responds to the prompt on the chip
4. Chip (Question Card) is RETIRED
5. Play continues in ORDER

[Link to Emotional Question Cards](#)

[Link to Emotional Question Chips](#)

[Link to Scenario Cards](#)

Additional Ways to Play: Use [emotions cards](#) and each person shares a situation to match the emotion or creates their own scenario to match the motion.