BGT™

Board Game Therapy™

Extended Edition

Monopoly

TABLE Method™ Game Guide



Play. Connect. Grow.

INSIDE THIS GUIDE

How to use this guide

An extended TABLE Method™ companion for Monopoly. The game is not included; play by the rulebook in your box.

RUN THE GAME

At a glance and rules summary	3
Why this game, and the TABLE plan	4
Running the session	5
The five-rung debrief	6
Fit, access, and repair	7
Rule variations (4)	8

PLAN THE SESSION

Session plan: host or teacher	10
Session plan: coach	11
Session plan: licensed clinician	12
A three-session series	13

FACILITATE WITH DEPTH

Facilitator prompt bank	14
Debrief question bank	15
Adapting for ages, group sizes, and access	16
Troubleshooting	17

PRINTABLES

One-page desk card	18
Table agreements card	19
Session planning sheet	20
Auction and offer session log and after-session notes	21
Participant reflection (fillable)	22

CREDITS AND LICENSE

Credits, sources, scope, and evidence	23
License and permitted use	24

START HERE

For a first session, read pages 4 to 6, pick the session plan for your role, and print the desk card and agreements card. Everything after that is there when you need it: more prompts, more debrief questions, adaptations, and fixes for common problems.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

AT A GLANCE

Monopoly at the table

Auctions, negotiated choices and clear stopping. A TABLE Method™ companion for a game you already own. This guide does not include the game.

Edition	Hasbro 00009 Classic; 2004/2007
Players	2 to 8; Classic rules only
Session plan	55 to 60 min; partial game possible
Materials	Board, 2 white dice, deeds, money, buildings

PLAY BY THE RULEBOOK IN YOUR BOX

This summary is a session aid, not a substitute for the published rules, and it leaves out details. Hasbro 00009©2004/2007: Classic pp.2-8; auctions p.4; building p.6; trading/mortgages p.7; bankruptcy p.8. Speed Die excluded. Editions differ; if your rulebook says something different, follow your rulebook.

In the BGT book: Independent TABLE Method companion facilitation; no book chapter placement or tested outcome is asserted.

How the game works, in brief

This companion uses Classic Monopoly in Hasbro/Parker Brothers instruction 00009, copyright 2004/2007. It excludes the optional Speed Die. The full game ends by bankruptcy with one player left; the facilitation window is not a promise to finish it.

1. Use 2 to 8 players, each with $1,500; keep Banker funds separate. Classic play uses two white dice, not the Speed Die or its extra starting money. Highest initial dice total starts; play moves left (pp.1-3).
2. Move, resolve the landed space and follow this edition's deeds/cards/tax rules. Collect $200 for passing or landing on GO as applicable. Doubles give another roll; three successive doubles send you to Jail (pp.3-5).
3. On unowned property, buy at printed price or the Banker auctions it to the highest bidder. Anyone, including the decliner, may bid; bidding may start at any price. No rent on a mortgaged property (p.4).
4. Own a full color group to build houses, evenly up to 4 each. To buy a hotel, first have 4 houses on every property in that group; return that site's 4 houses. Building shortages can require an auction (p.6).
5. Trade unimproved properties at agreed prices, but first sell buildings back if any stand anywhere in that color group. Buildings sell to the Bank at half cost, evenly. Follow mortgage/interest rules; no player-to-player loans (pp.7,8).
6. Bankruptcy means owing more than can be paid after permitted asset measures. Handle debt to a player versus the Bank as p.8 directs; bank-received property is auctioned. Last player remaining wins. Any session timebox here is a BGT adaptation, not an official timed winner.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

THE TABLE PLAN

Why this game, and how to set it up

Public auctions and optional trades offer concrete choices about offers and consent. Game money and bankruptcy are never evidence of real financial judgment, worth or personal history.

T **Target.** Notice clear offers, the right to decline and consistent public procedures.

Relational demand: Choose discussion depth with participants; no formal stage or ability rating is assigned.

A **Assess.** Check the player count, the time, and whether the game serves today's goal.

- Are money, debt, bankruptcy and competitive elimination acceptable themes today?
- Does everyone know this is the 00009 Classic section, not Speed Die or a modern themed edition?
- Is a partial 55 to 60-minute facilitation session acceptable without inventing a timed winner?

B **Build.**

- With a separate practice deed, demonstrate purchase versus auction, a declined trade and even building. Keep Banker cash separate; reset before the real first roll.
- Agree Pass for optional reflection, Pause for a break and Stop/Fold to halt participation, plus a visible signal. These are session agreements, not new game actions.
- Ask process questions between completed turns or transactions, not while a person decides an offer. Stop immediately on request. A timebox is a named house boundary, not a bankruptcy shortcut.

L **Lead.**

- Let a trade be declined without requiring an explanation.
- Use the deed and rulebook rather than judging an offer or a player.
- Keep real financial histories and advice outside the game discussion.

E **Extract and Extend.** Debrief in order: Board, Self, Us, Life or Work, Extension. Ask what participants make of the game. Do not tell them.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

FACILITATOR SEQUENCE

Running the session

Opening script

> *"Classic 00009 rules apply, including auctions. No deal is compulsory. This session may end unfinished under our BGT timebox; the richest player then is not an official winner. Pass skips reflection. Pause or Stop halts the session."*

Suggested timing

SEGMENT	TIME
Agreements and fit	5 min
Teach and reset	10 min
Play within chosen window	30 min
Optional reflection	7 min
Close and reset	3 min

Adjust to your group and to the official rules. Use the agreed session boundary; an early stop is unfinished, not a new official victory.

Planned pauses

WHEN	ASK
After auction	Can anyone, including the decliner, bid?
Between turns	Does anyone need a rules check or a break?
At timebox	Stop unfinished unless only one player remains by official rules.

Agreements and signals

Pass: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. Pause: say "pause" for a break. Fold or stop: say "fold" or "stop," or use the agreed nonverbal signal, and play halts for the whole table. No explanation is required.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

EXTRACT AND EXTEND

The five-rung debrief

Start at the board every time. Each person decides how far to go, and the group can end at any rung. Passing on any rung is allowed, and the later rungs are optional.

RUNG	QUESTION
Board	Which completed auction or trade made the available choices clear?
Self	What did you notice when choosing whether to accept an offer?
Us	Did we let a declined trade remain declined?
Life or Work	If you choose: where is a clear no useful without explanation?
Extension	Which banker or stopping agreement would you keep?

LISTEN FOR THE PARTICIPANT'S MEANING

If someone connects the game to life or work, ask what fits and what does not. If no connection fits, leave the moment in the game. The person who played decides what it means.

Closing check

"What would you like to keep, try, or leave at the table?"

Record a chosen step only if that belongs in your normal role and documentation.

STOP OR CHANGE COURSE

Signals: say "pass" to skipoptional reflection, not an invented game move, "pause" for a break, and "fold" or "stop" to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

FACILITATOR JUDGMENT

Fit, access, and repair

The participant's account carries more weight than a guess about their behavior.

A LIKELY PINCH POINT

Offers, unequal cash and bankruptcy can evoke unwanted personal comparisons or pressure to accept a deal.

A WORKABLE ADJUSTMENT

Use the BGT session timebox and Banker readback support by agreement. Do not promise that a short window produces an official winner. Agree on any adjustment before play, and name it as an adaptation. Do not require anyone to disclose a disability or explain their needs to the group.

AFTER TENSION

Stop comparisons to real money or character. Read only the public deed or transaction and offer a break or closure without requiring personal financial disclosure. Describe the sequence, not a motive. Accept a pass. Continue only if the group is ready.

Different roles, same game

HOST OR TEACHER

Teach auctions and even building; avoid calling a legal refusal selfish.

COACH

Invite the group to notice clear offers and consent, without claiming business or negotiation skill from results.

LICENSED CLINICIAN

Check money/debt theme fit privately. Game wealth, losses and bankruptcy are not financial, cognitive or clinical measures.

An accessible alternative is better than insisting on a rule that prevents someone from taking part. Say when you are adapting a rule, and agree on it before play. The rule variations come next.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

Rule variations for different goals

Small rule changes let one box serve different goals. Each variation below names the change, the objective it targets, the group it suits, what to watch for, and a debrief prompt. This guide has 1 rulebook setting or practice (not a separate variant) and 3 BGT house rules.

FROM THE RULEBOOK · NOT A SEPARATE VARIANT

Auctions are standard

RULE CHANGE	This is not a variant: when a landed unowned property is declined, auction it. Any player may bid, including the decliner; bidding may start at any price (p.4).
TARGETS	Use the actual Classic purchase rule
SUITS	AllClassic games
WATCH FOR	Skipping auctions is a house change, not the base rule.
DEBRIEF PROMPT	“Did the auction keep the choice public?”

BGT HOUSE RULE · NOT AN OFFICIAL RULE

BGT session timebox

RULE CHANGE	Agree a clock boundary before play. Stop immediately for consent; at the clock boundary record unfinished unless official bankruptcy has left one player. Do not rank wealth as an official win.
TARGETS	Fit a bounded facilitation session
SUITS	Sessions shorter than a full game
WATCH FOR	This is not an official short-game or Speed Die rule.
DEBRIEF PROMPT	“Was unfinished a clear and acceptable ending?”

BGT HOUSE RULE · NOT AN OFFICIAL RULE

Offer readback

RULE CHANGE	Before accepting a trade, restate the offered deeds and cash neutrally. The recipient may decline without explanation; do not impose new mandatory trade terms.
TARGETS	Make proposals understandable
SUITS	Groups wanting clearer offers
WATCH FOR	Readback is not facilitator approval of a deal.
DEBRIEF PROMPT	“Was it easier to identify the actual offer?”

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

BGT HOUSE RULE · NOT AN OFFICIAL RULE

Banker helper

RULE CHANGE	A helper counts or moves money only as instructed while keeping Bank and player cash separate. Public rules and each player's choices remain unchanged.
TARGETS	Offer requested handling support
SUITS	Participants requesting handling support
WATCH FOR	Never let the helper decide a bid or trade.
DEBRIEF PROMPT	“Did support leave ownership of choices intact?”

BGT ADAPTATIONS ARE NOT HASBRO / PARKER BROTHERS RULES

A BGT house rule is a facilitation adaptation written for this guide. It is not part of the official rules of Monopoly, and no publisher endorsement is asserted. Tell players when you are using one, and agree on it before play. Use one variation at a time so you can see what it changes.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

SESSION PLANS BY ROLE

Session plan: host or teacher

WHO THIS PLAN IS FOR

For hosts, teachers and librarians choosing a game that fits their group. Offer a useful teach and an optional concrete conversation, not an assessment.

SEGMENT	TIME	WHAT TO DO
Welcome and fit	**5 min**	Teach auctions and even building; avoid calling a legal refusal selfish. Agree Pass/Pause/Stop and the closing plan; check theme and access before teaching.
Teach and reset	**10 min**	With a separate practice deed, demonstrate purchase versus auction, a declined trade and even building. Keep Banker cash separate; reset before the real first roll.
Play with choice	**30 min**	Ask process questions between completed turns or transactions, not while a person decides an offer. Stop immediately on request. A timebox is a named house boundary, not a bankruptcy shortcut. Teach auctions and even building; avoid calling a legal refusal selfish.
Optional reflection	**7 min**	Which completed auction or trade made the available choices clear? Did we let a declined trade remain declined? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 55 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Monopoly is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Stay at the Board and Us rungs unless the group moves on by itself. If something personal comes up, listen, thank the person, and return to the game. If someone seems to need support, follow your setting's own procedure.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

SESSION PLANS BY ROLE

Session plan: coach

WHO THIS PLAN IS FOR

For coaches and team leads. Let participants choose a process to notice. Scores and decisions are not ratings of people or evidence of transfer outside play.

SEGMENT	TIME	WHAT TO DO
Choose a focus	**5 min**	Invite the group to notice clear offers and consent, without claiming business or negotiation skill from results. Agree Pass/Pause/Stop and the closing plan; check theme and access before teaching.
Teach and reset	**10 min**	With a separate practice deed, demonstrate purchase versus auction, a declined trade and even building. Keep Banker cash separate; reset before the real first roll.
Play with choice	**30 min**	Ask process questions between completed turns or transactions, not while a person decides an offer. Stop immediately on request. A timebox is a named house boundary, not a bankruptcy shortcut. Invite the group to notice clear offers and consent, without claiming business or negotiation skill from results.
Optional reflection	**12 min**	Which completed auction or trade made the available choices clear? Did we let a declined trade remain declined? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 60 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Monopoly is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Keep the focus on the skill the group chose, not on judging individuals. Do not interpret game moves as evidence about a person. Life or Work links are optional and come from participants.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

SESSION PLANS BY ROLE

Session plan: licensed clinician

WHO THIS PLAN IS FOR

For licensed clinicians within their own training, consent, license and records practice. This session shape is not a treatment plan, diagnostic tool or clinical protocol.

SEGMENT	TIME	WHAT TO DO
Purpose and consent	**7 min**	Check money/debt theme fit privately. Game wealth, losses and bankruptcy are not financial, cognitive or clinical measures. Agree Pass/Pause/Stop and the closing plan; check theme and access before teaching.
Teach and reset	**10 min**	With a separate practice deed, demonstrate purchase versus auction, a declined trade and even building. Keep Banker cash separate; reset before the real first roll.
Play with choice	**30 min**	Ask process questions between completed turns or transactions, not while a person decides an offer. Stop immediately on request. A timebox is a named house boundary, not a bankruptcy shortcut. Check money/debt theme fit privately. Game wealth, losses and bankruptcy are not financial, cognitive or clinical measures.
Optional reflection	**10 min**	Which completed auction or trade made the available choices clear? Did we let a declined trade remain declined? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 60 minutes. Shorten play before you shorten the agreements or the close.

Before you start

- ☐ Your copy of Monopoly is complete, and you have read the rulebook in your box.
- ☐ Seats let everyone see and reach the play area.
- ☐ The agreements card is printed or on display.
- ☐ You know which variation, if any, you will use, and you will name it before play.
- ☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

This guide is not a treatment plan, assessment, or outcome measure. Use it only where it fits your license, training, and setting. Consent, clinical fit, confidentiality, and documentation remain your responsibility.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

SESSION PLANS BY ROLE

A three-session series

For groups that meet more than once. Each session uses the core plan in this guide; the series only changes the setup and the debrief focus. Skip or repeat a session whenever the group needs it.

SESSION	SETUP	DEBRIEF FOCUS
Learn auction and refusal	Classic rules with BGT session timebox if needed; separate practice first.	Board: purchase versus public auction.
Make offers clear	Repeat with Offer readback house support if chosen.	Self/Us: was a no respected?
Choose a workable session	Choose timebox or allow a full Classic game; no forced completion.	Extension: which banker/stopping agreements fit?

Between sessions

- Use the title-specific session log for setup, public process and actual ending. Never turn it into a ranking, diagnosis or promised progress measure.
- Open each session by asking what people remember from last time. Passing is fine.
- Change only one thing at a time: one variation or one new rule.
- Close the series by asking what the group would like to keep doing together.

A NOTE ON PROGRESS

A series gives a group more practice with the same game. It does not promise any change outside the game. If a participant names a change they have noticed, that is their observation to share or keep.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

FACILITATE WITH DEPTH

Facilitator prompt bank

Pick one or two prompts, not all of them. Ask process questions between completed turns or transactions, not while a person decides an offer. Stop immediately on request. A timebox is a named house boundary, not a bankruptcy shortcut. Every prompt can be passed.

BEFORE PLAY

"Is the money/debt theme welcome today?"

"Are Banker and player funds separate?"

"Do we accept an unfinished game at the timebox?"

"Are we using the Classic 00009 section and two white dice?"

AFTER A HARD MOMENT

"A declined deal needs no personal explanation."

"Game cash is not evidence of real-world worth."

"Let us check the deed, not label the player."

"We can stop without forcing bankruptcy or declaring a timed winner."

BETWEEN TURNS

"Was an unowned-property refusal followed by an auction?"

"Does everyone understand the public offer before deciding?"

"Do we need to read the mortgage rule instead of guessing?"

"Are houses being built or sold evenly?"

CLOSING

"Which completed offer was clear enough to decide?"

"Did we keep Bank and player funds separate?"

"Were trade refusals respected?"

"Was the unfinished ending stated honestly?"

HOW TO ASK

Ask the whole table, then wait. Accept short answers and silence. Reflect what you heard in the participant's words, not yours. If a prompt lands badly, say so, and move on.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

FACILITATE WITH DEPTH

Debrief question bank

Extra questions for each rung of the five-rung debrief. Use them to replace or follow the core question, one rung at a time. The later rungs stay optional, and the Life or Work questions are always offered as a choice.

BOARD

- Who could bid in the completed auction?
- Which building rule changed an available action?
- What was the exact public trade offer?

SELF

- Was accepting or declining more demanding?
- Did you want a neutral readback?
- How did the unfinished boundary feel, if used?

US

- Did we accept a no without persuasion afterward?
- How did we correct a Banker error?
- Did we keep comparisons inside the game?

LIFE OR WORK

- If you choose: when does repeating an offer help?
- If you choose: what supports a no without an explanation?
- If you choose: how do you separate a simulation from personal worth?

EXTENSION

- Which banker check would you keep?
- Would you choose a different time window or game?
- How can we state unfinished without judging results?

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

FACILITATE WITH DEPTH

Adapting for ages, group sizes, and access

Ages

Publisher rating	Instruction 00009 states 8+; number handling and debt themes still require fit checks.
New readers/counters	Offer neutral deed reading and a requested counting helper.
Adults	Avoid personal financial histories, advice or workplace comparisons.
Any requested support	Choose another activity if debt or elimination is unwelcome.

Group sizes

2 players	Use the same Classic rules; no automatic auction omission.
3 to 5	Keep bidder access and the ownership of offers clear.
6 to 8	Plan longer waits; source permits a separate nonplaying Banker when more than 5 play.
Outside 2 to 8	Use another copy or game; do not invent a shared-token edition.

Accessibility

Vision	Read public deeds and cards neutrally; enlarge references without copying artwork into this guide.
Hearing	Offer written trade readback as a named house support, not added advice.
Motor	Banker helper counts and moves only as directed.
Number/language	Rehearse purchase, auction and mortgage terms before the real game.
Attention	Pause between turns or immediately on Stop; log an early close unfinished.

Hasbro 00009 states 8+. Readiness and theme-fit suggestions are facilitation choices, not financial or clinical assessment. Agree on any adaptation before play and name it as an adaptation. Nobody has to disclose a disability or explain a need to the group.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

FACILITATE WITH DEPTH

Troubleshooting

Common problems at the table, with something to try first. If a fix does not work, stop the session rather than forcing play. A short good game beats a long hard one.

IF THIS HAPPENS	TRY THIS
Property is declined	Banker auctions; decliner may still bid. Do not leave it unowned by default.
Free Parking pays a pot	Classic p.6 gives no reward. Any pot is a house rule, not taught here.
Uneven houses or hotel too soon	Check the full color group and even-building sequence on p.6.
Trade includes developed property	Sell all buildings in that color group back to Bank before trading its property (p.7).
Rent requested on a mortgage	No rent on that mortgaged property; consult the full mortgage and interest procedure.
Bankruptcy is declared casually	First apply permitted asset measures; distinguish debt to player versus Bank (p.8).
A trade refusal becomes pressure	End persuasion, restate the right to decline and offer a break.
Clock expires	Record unfinished. The current cash or property leader is not an official timebox winner.

WHEN TO END PLAY

Signals: say “pass” to skipoptional reflection, not an invented game move, “pause” for a break, and “fold” or “stop” to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

ONE-PAGE DESK CARD

Monopoly: quick guide

Standalone printable desk card. Print this page for the facilitator's seat. The game is supplied separately.

BEFORE

With a separate practice deed, demonstrate purchase versus auction, a declined trade and even building. Keep Banker cash separate; reset before the real first roll. Agree Pass for optional reflection, Pause for a break and Stop/Fold to halt participation, plus a visible signal. These are session agreements, not new game actions.

SAY

> *"Classic 00009 rules apply, including auctions. No deal is compulsory. This session may end unfinished under our BGT timebox; the richest player then is not an official winner. Pass skips reflection. Pause or Stop halts the session."*

DURING

After auction: "Can anyone, including the decliner, bid?"

Between turns: "Does anyone need a rules check or a break?"

At timebox: "Stop unfinished unless only one player remains by official rules."

DEBRIEF IN ORDER

1. Board: Which completed auction or trade made the available choices clear?
2. Self: What did you notice when choosing whether to accept an offer?
3. Us: Did we let a declined trade remain declined?
4. Life or Work: If you choose: where is a clear no useful without explanation?
5. Extension: Which banker or stopping agreement would you keep?

> FOLD: to stop taking part, say "fold" or "stop," or use the agreed signal. PASS: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. PAUSE: say "pause." NO INFERENCE: ask participants what, if anything, a game moment means to them.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

PRINTABLE · TABLE AGREEMENTS

Our table agreements for Monopoly

Print and place in the middle of the table, or read aloud before play.

PASS

Skip a question or a share. No reason needed.

PAUSE

Take a break. The table waits.

FOLD

Stop taking part. Play halts for the whole table, and no one asks why.

We agree that

☐ We own our legal bids and trade choices, and a declined deal stays declined. Game wealth or bankruptcy does not measure a person. A BGT timebox may end unfinished, not with an official wealth-at-time winner.

☐ Game moves are game moves. We ask what something meant instead of guessing.

☐ Play halts if anyone folds, and we check in quietly, not in front of everyone.

☐ Sharing is a choice. We ask each other to respect what is shared, but other participants cannot promise confidentiality, so share only what you are comfortable with. The facilitator will explain how privacy works here, including any legal, clinical, or safeguarding duties that come first.

☐ Our nonverbal signal is: _____

Our adaptations today

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

PRINTABLE · SESSION PLANNING SHEET

Session planning sheet: Monopoly

Date _____ Group _____ Players _____ Time available _____

MY ROLE TODAY

☐ Host or teacher ☐ Coach ☐ Licensed clinician, within my license

TARGET (T)

Which offer, refusal or public-procedure process will we notice?

ASSESS (A)

Money/debt theme, counting access, player count and realistic time

BUILD (B)

Classic 00009, two dice, auctions and any BGT timebox/support

LEAD (L)

Who banks and how do I avoid pressuring a trade?

EXTRACT AND EXTEND (E)

Which completed transaction and optional question will we discuss?

IF TIME RUNS SHORT

Record unfinished; no wealth-at-time official winner

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

PRINTABLE · TRACKER

Auction and offer session log

Log public process, rules version and unfinished/official ending. Never record real financial details or infer ability from game assets.

SESSION	COUNT / EDITION	HOUSE SUPPORT	AUCTION / OFFER / ENDING	NEXT AGREEMENT
1				
2				
3				
4				
5				
6				
7				
8				

House printable for voluntary process notes, not an assessment or a replacement for required records. Do not retain private content or infer traits.

After-session notes (for the facilitator)

Note how the session ran, not judgments about people. If your role requires records, follow your own setting's rules instead of this sheet.

What went well, and where did the plan not fit?

Rules, setup, or access changes for next time

Next session I will try (variation, prompt, or timing)

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

R

REPRODUCIBLE SHEET · MONOPOLY

Participant Reflection

Name or group (optional): _____ Date: _____ Game: Monopoly

Use only if a written reflection fits the setting. You decide whether to share or submit this sheet. Your facilitator will explain any collection or storage before use. A spoken or drawn reflection works too. The five response boxes are fillable on screen.

My choice: keep this private / share a part / pass.

BOARD

Which completed auction or trade made the available choices clear?

SELF

What did you notice when choosing whether to accept an offer?

US

Did we let a declined trade remain declined?

LIFE OR WORK

If you choose: where is a clear no useful without explanation?

EXTENSION

Which banker or stopping agreement would you keep?

You can pass on any prompt. Leave it blank, write “pass,” or draw instead. No reason needed. Play is a prompt for reflection, not proof about a person.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

Independent companion

The game's name, designer, and publisher are given only to identify the game. This guide is not affiliated with, endorsed by, or sponsored by Hasbro / Parker Brothers or any rights holder. The HASBRO, PARKER BROTHERS, and MONOPOLY names and logos ... are trademarks of Hasbro.

Sources

Publisher-authored/hosted Hasbro/Parker Brothers 00009, copyright 2004/2007. Classic section pp.2-8 only; Speed Die pp.1-2 excluded. Use its deeds and tax rules, not a different modern board. Any session timebox in this guide is BGT, not an official end condition. https://www.hasbro.com/common/instruct/00009.pdf (retained November 6, 2026; sha 256 56a6c4be5a31220a9e1981e2c920153a09c9d0548dcb388bfd894236c5046077). This is a facilitation summary, not a replacement for the matched rulebook. Check the rulebook in your box for your printing. Variations marked "Official variant" appear in that source, and variations marked "From the rulebook" use a setting, recommendation, or practice the rulebook describes rather than a separate variant. Variations marked "BGT house rule" are original adaptations and are not official rules. Session plans, prompt banks, adaptation notes, troubleshooting, and printables are original facilitation material written for this guide.

No game artwork, card images, or photographs are reproduced. Illustrations are original and do not reproduce the publisher's component artwork.

Scope and evidence boundary

This is a facilitation guide for structured play. It does not diagnose anyone, and the game is not therapy by itself. Board Game Therapy is not inherently psychotherapy. This product is an educational and facilitation resource for structured play and optional reflection. It is not a psychological assessment, screening tool, diagnosis, validated outcome measure, treatment plan, or treatment protocol, and no educational, social, behavioral, or clinical outcome is guaranteed. Teachers, coaches, hosts, and other facilitators work within their own role and their organization's policies. Licensed professionals who use it in clinical services remain responsible for clinical fit, informed consent, confidentiality, documentation, and the standards of their license.

Evidence. Research on board games covers many games, settings, and populations, with real methodological limits. Two general reviews: Gauthier, A., et al. (2019). Board Games for Health: A Systematic Literature Review and Meta-Analysis. Games for Health Journal, 8(2), 85-100. doi.org/10.1089/g4h.2018.0017. Noda, S., Shirotsuki, K., & Nakao, M. (2019). The effectiveness of intervention with board games: a systematic review. BioPsychoSocial Medicine, 13, 22. doi.org/10.1186/s13030-019-0164-1. Neither review evaluated the TABLE Method™ or this product. The TABLE Method™ and these variations are practice guidance, not a validated intervention. Nothing here promises that what happens in the game will carry over elsewhere.

> If someone is in distress, end the game and use the support your setting already names. In a crisis, contact local emergency services or a crisis line.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.

LICENSE

License and permitted use

Licensed to the purchaser only. This product is licensed, not sold, and is protected by copyright. Do not share, resell, or post these files, in whole or in part, in print or digital form, including on shared drives, learning platforms, file-sharing sites, or social media.

License grant. Purchasing Monopoly TABLE Method Game Guide gives one named individual (the licensee) a nonexclusive, nontransferable license to use it in sessions they personally lead, including paid sessions within the licensee's lawful role and scope of practice.

What you may do. Keep the files on devices you personally control. Print the full product for your own reference. Print or copy the participant reflection sheet, the desk card, and the other pages marked printable as often as you need for participants in your own sessions, and share fillable participant pages directly with those participants for session use. Participants may keep their completed copies. You may adapt prompts and formatting for your own groups.

What you may not do. Resell, sublicense, or redistribute the files (edited or unedited); post them publicly; place them in a shared drive, library, or learning platform that other facilitators can reach; let another facilitator use your copy; include them in a product or training sold or given to others; remove copyright notices; or claim authorship.

More than one facilitator. Each facilitator needs their own license. For multi-facilitator or organizational use, contact hello@solidstatestrategies.com.

Ownership. Copyright 2026 Solid State Strategies, LLC. All rights not expressly granted are reserved.

No warranty and limits. The materials are provided as is. Facilitators are responsible for how they use them and for participant safety. To the extent the law allows, Solid State Strategies, LLC is not liable for indirect or consequential damages, and its total liability is limited to the amount you paid. Refunds follow the terms shown at checkout.

Governing law. This license is governed by the laws of the Commonwealth of Virginia, USA, without regard to conflict-of-law rules. Nothing here limits consumer rights that cannot be waived.

Not psychotherapy. Board Game Therapy is not inherently psychotherapy. Buying or using this product does not create a therapy relationship and does not qualify anyone to provide therapy.

hello@solidstatestrategies.com · playbgt.com

Written by Sean M. Smith. © 2026 Solid State Strategies, LLC. Board Game Therapy™ is a trademark claimed by Solid State Strategies, LLC.

© 2026 Solid State Strategies, LLC. Licensed to the purchaser only. No distribution without a license.