The background of the slide is a light gray surface covered with numerous small, square wooden blocks. Each block has a black question mark printed on it. The blocks are scattered across the entire frame, creating a pattern of question marks.

# A Not-so-Trivial Pursuit: Using Trivia Games for Social-Emotional Learning

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Matthew J. Zakreski, PsyD



# Who am I?

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I'm Dr. Matt Zakreski, everyone calls me "Dr. Matt"

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I'm a clinical psychologist, professional speaker, and neurodivergence advocate

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I'm known as someone who marries clinical practice and neuropsychology to help people develop skills to live better lives

# Goals for Today

1

Develop an understanding on how trivia can serve gifted/2e learners in building social-emotional skills

2

Workshop how to implement trivia games to test the skills of gifted/2e learners

3

Take the time to process potential challenging moments and develop skills to overcome/navigate them

# My Trivia Story



# The Strengths of Being Gifted/2e



You know a lot of things



You often like to share  
how much you know



You may often be  
competitive and good at  
winning



You likely can think and  
process quickly

# The Weaknesses of Being Gifted/2e

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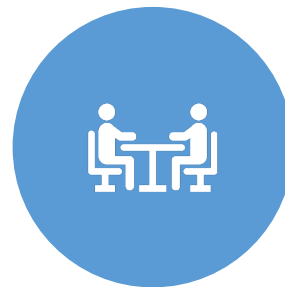
You may be emotionally very intense



You may have lower or less consistent resiliency



You may struggle to connect with your peers



You may struggle with teamwork



# Experiential Learning

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- Not all things can be effectively taught didactically – SEL is #1
- There is power of doing *in vivo* learning (and intervention)
- Real experiences better connect the skills we have developed to the moments to use them
- Gives more insight into how to use things and how it feels to do so
- Naturally pushes back on black-or-white thinking

# Why Trivia?



It's like exercise for the mind – works on strengthening the intersection of the frontal cortex and the hippocampus



Natural way to gain new knowledge while also recalling old information



Fun! Lots of dopamine involved in playing trivia games



Lower stakes than tests, quizzes, or formal competition



It's a sneaky way to practice study skills



An organic way to practice SEL skills, including cognitive flexibility and resiliency



# Why Trivia for Gifted/2e Kids?

You can't know everything about everything – yes, I promise.

What do other people know that you don't?  
Cognitive Flexibility and Theory of Mind

Repeated, meaningful challenge

Opportunities to practice winning and losing

Promotes leadership and teamwork

The role of luck – trivia isn't about what you know; it's about how lucky you get (we must let go of some control)



**TRIVIA TIME!**

# Questions to Consider



Do you roll dice or go one question at a time? <https://www.calculator.net/dice-roller.html>



Teams or individuals? If teams, how many per team?



What do you do with someone who wants to quit during the game?



What do you do with someone who initially doesn't want to play?

# Guidelines

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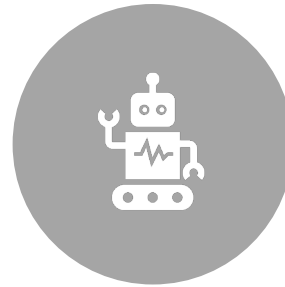
- Setting expectations
- Following the rules
- Don't answer other peoples' questions
- How you talk to your teammates (volume)
- How you talk to other teams (be kind or be quiet)
- Cheating



# Traditional Trivia Questions



See attached sheets



Vertical thinking – what do you know, and can you retrieve it?



Processing speed



Collaborating and communicating with others

# Categories

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ELA – English/Language Arts – books, authors, stories, grammar, etc.

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GB – Grab Bag – can be anything!

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Sc – Science – biology, astronomy, physics, chemistry, etc.

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PC – Pop Culture – TV, movies, Netflix/streaming, comics, YouTube, etc.

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H – History – US government, world wars, anthropology, leaders, flags, etc.

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M – Math – famous mathematicians, concepts, theorems (not problems!)

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BoD – Bridge of Destiny – Backwards questions, looking for a category

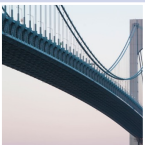
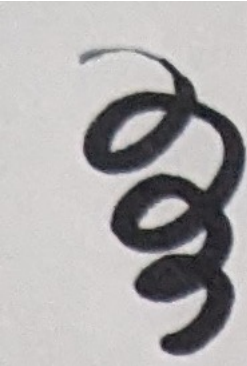
# Traps



BOMB – If you get this question wrong, you lose a turn



SPRING – if you get this question wrong, you go back to start



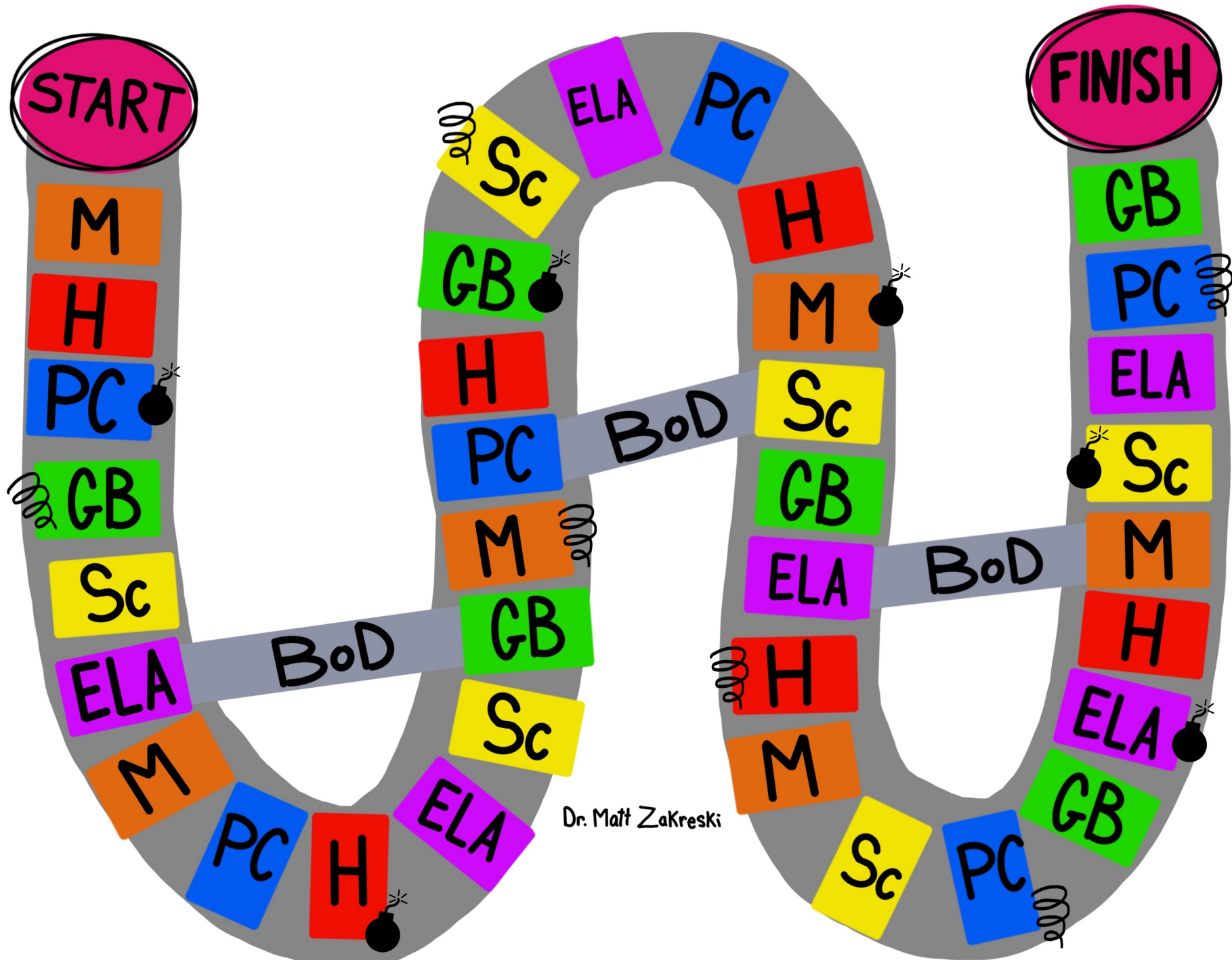
BRIDGE OF DESTINY - you must get the question next to the Bridge correct and then you are on the Bridge until you get the question right



## The Finish Line

- For every group that makes it to the Finish Circle, they will have to answer one more question to win
- Another group will pick their category of question (not the question itself)
- If you get the question wrong, nothing happens (you can try again next round)
- If you get the question right, you win!
- If more than one team wins, repeat the final process until one team is the winner





Dr. Matt Zakreski

# Other Ways to Play





## Visual Cues

# Abstract Questions

- Testing the ability to form connections and relationships between objects or concepts
- For example:
  - If Hammer: Nail, then Screwdriver is to \_\_\_\_\_?
    - A. Wrench      B. Lugnut      C. Screw      D. Tack
  - If Superman: Lex Luthor, then Spider-man is to \_\_\_\_\_?
    - A. J. Jonah Jameson      B. Felicia Hardy      C. Kingpin      D. Otto Octavius
  - If New York Giants: Lombardi Trophy, then Detroit Redwings is to \_\_\_\_\_?
    - A. The Stanley Cup      B. Larry O'Brien Trophy      C. The Commissioner's Trophy      D. Bill France Cup
  - If Florida: The Sunshine State, then New Hampshire is to \_\_\_\_\_?
    - A. The Garden State      B. The Empire State      C. The Show-Me State      D. The Ocean State

# Word Puzzles

57HV – fifty-  
seven Heinz  
Varieties

BR31F – Baskin-  
Robbins 31  
Flavors

7WOTW– Seven  
Wonders of the  
World

101D – 101  
Dalmatians

ABAT40T – Ali  
Baba and the 40  
Thieves

12AM – 12  
Angry Men

D500 – Daytona  
500

I500 –  
Indianapolis 500

SWAT7D – Snow  
White and the  
Seven Dwarves

# Rebus

1 Get it Get it Get it Get it	2  Jack	3 Somewhere 	4 DOOR
5  READ	6 <b>Blood</b> Water	7 Beeeeeee	8 CANCELED
9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 TOWN
13 N bump GHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice <sup>3</sup>	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet

# More resources

- <https://www.gamesver.com/the-importance-of-trivia-games-things-to-consider-benefits-mental-health/>
- <https://quizrunners.com/blogs/news/benefits-of-trivia-games-for-team-building>
- <https://ischoolconnect.com/blog/top-reasons-why-quiz-games-are-beneficial/>
- <https://this.deakin.edu.au/society/the-surprising-benefits-of-pub-trivia-in-melbourne>

# Questions?



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