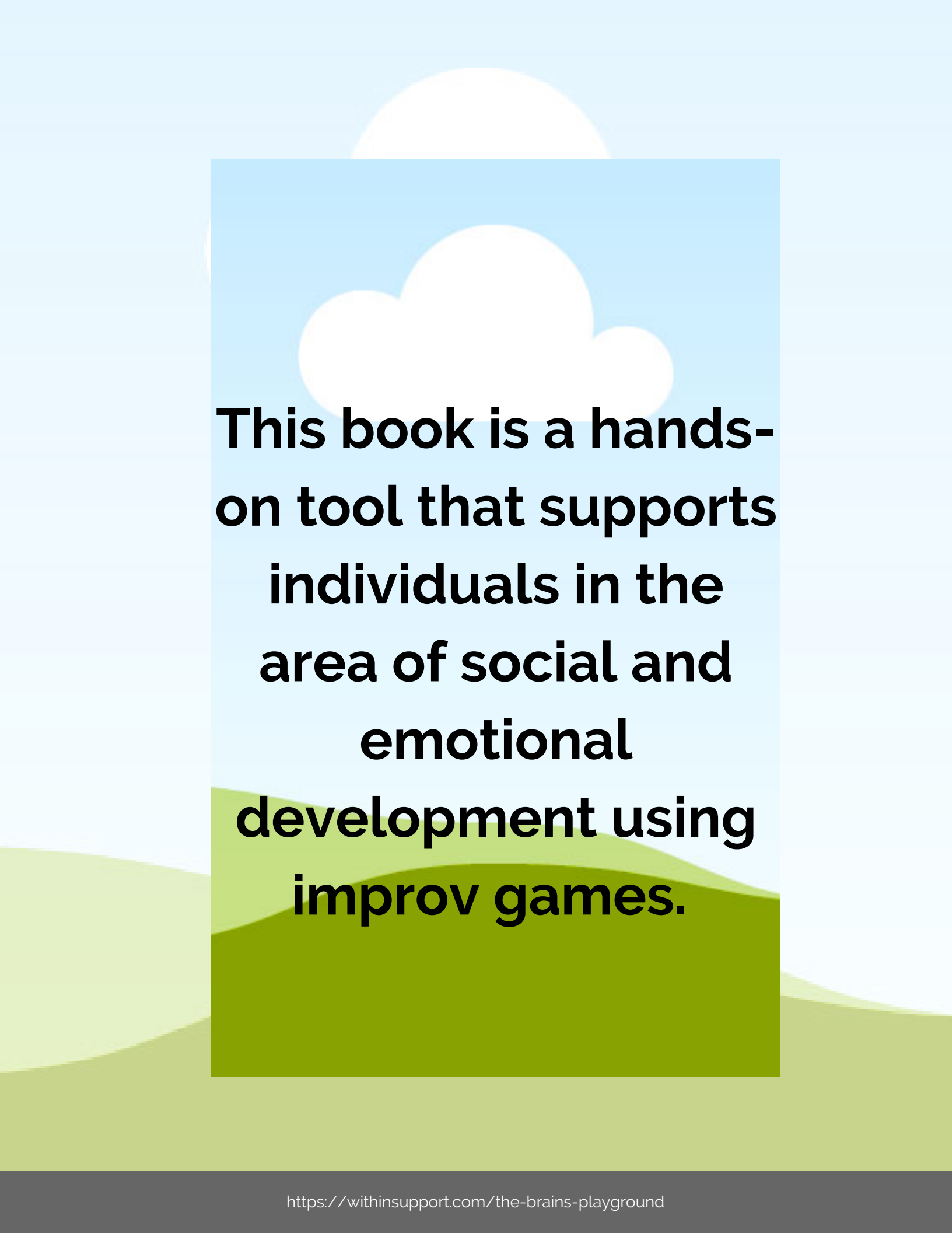
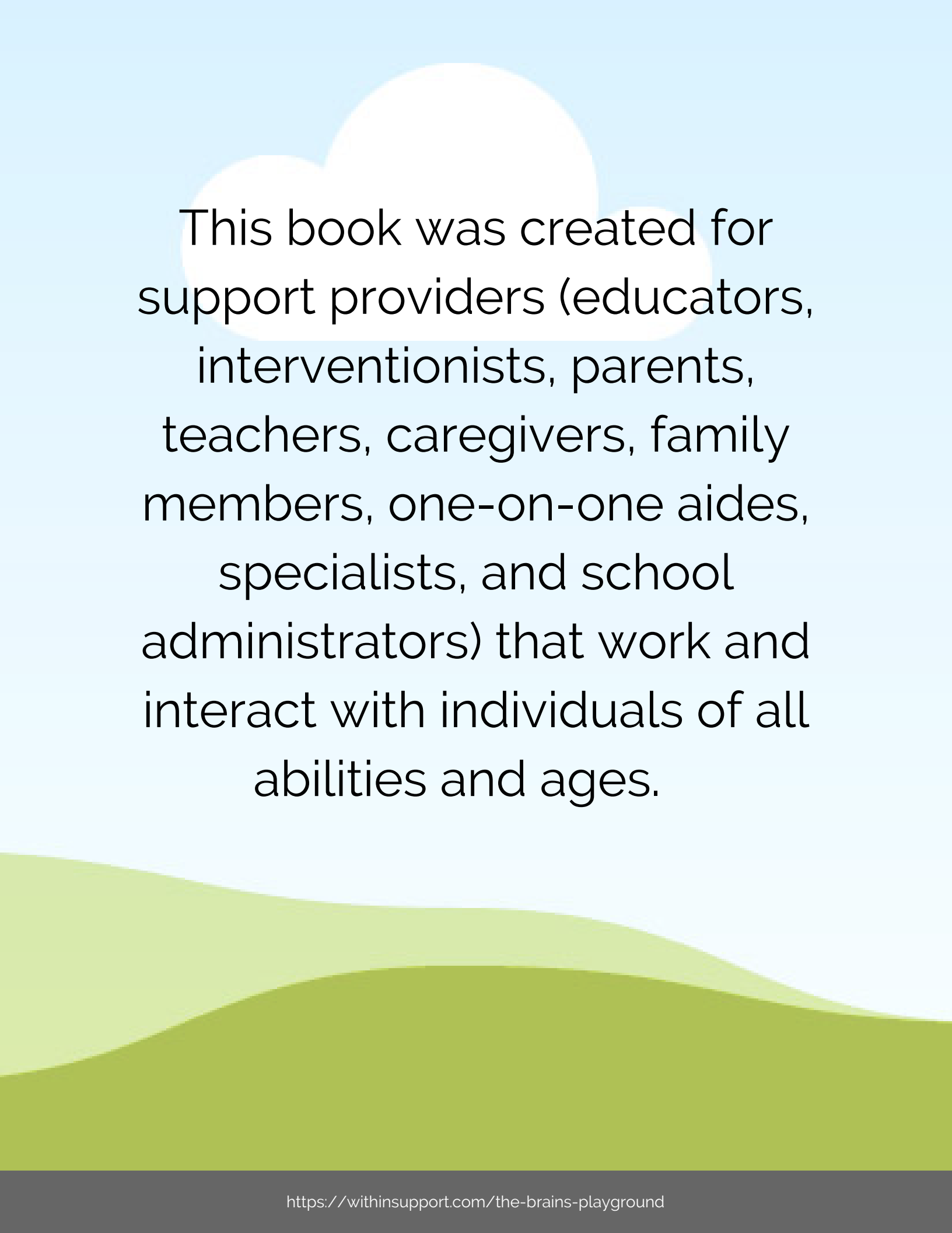


**A LOOK INSIDE  
THE BRAIN'S  
PLAYGROUND:  
USING IMPROV  
GAMES TO  
TEACH SOCIAL  
AND EMOTIONAL  
LEARNING**

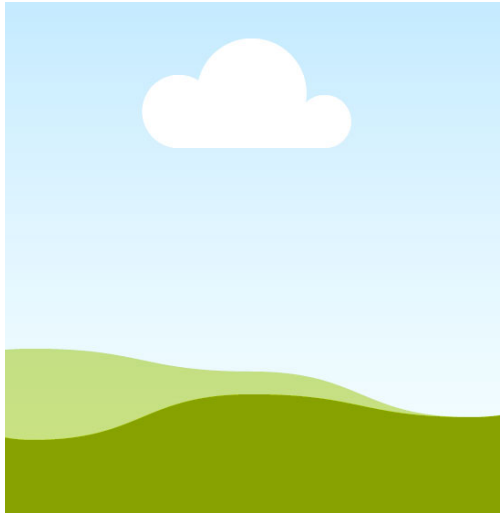


**This book is a hands-on tool that supports individuals in the area of social and emotional development using improv games.**



This book was created for support providers (educators, interventionists, parents, teachers, caregivers, family members, one-on-one aides, specialists, and school administrators) that work and interact with individuals of all abilities and ages.

# *Connection Activities*



In this book, improv games are tools that help individuals learn and connect with one another while having fun in all settings.

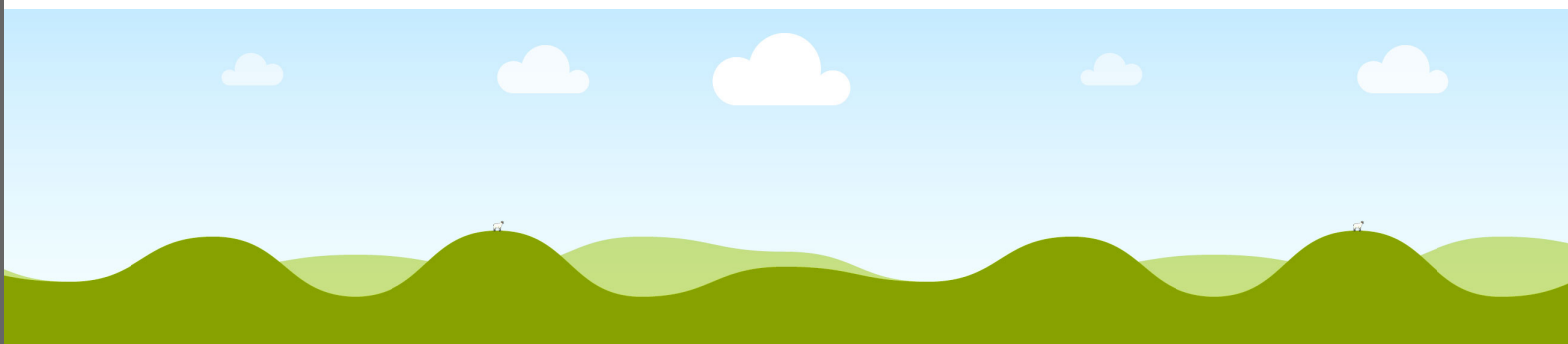
Connection Activities are created when an improv game is connected to a Social and Emotional Learning Competency and social skills are worked on using an improv game.

Each Connection Activity is designed to allow all individuals to work on social skills in a fun and engaging way.

Connection Activities meet individuals where they are and build on the skills they already have.

For each Connection Activity accommodations are provided for examples on how to incorporate individuals with different physical and communication abilities.

Questions for Reflection are also provided to explore deeper into the skills taught in the Connection Activities.



This book is designed in a variety of ways:

- as a textbook to be used for college courses
- a curriculum for schools and programs
- a reference for training and professional development
- ice breakers
- fun activities to play with others

The number one goal of this book is for anyone to just pick it up and begin using it, professionally or for enjoyment.

The Brain's Playground: Using Improv Games To Teach Social and Emotional Learning can be incorporated into many areas such as Education, Special Education, Communications, Psychology, Business, Theater, Healing Arts, and with Friends and Family.



# **PLAYING A CONNECTION ACTIVITY**

# If you want to jump right in

---

Start on page 9 for an  
introduction on what  
Connection Activities are.

Continue to read pages  
10-11

to get an idea of what can  
happen during Connection  
Activities.

*A quick way to decide which  
Connection Activity to start with:*

- Go to pages 12- 14 for a Connection Activities Chart.
  - Each Connection Activity is grouped into a Social and Emotional Learning Competency:
    - Social Awareness
    - Relationship Skills
    - Self-Management
    - Responsible Decision-Making,
    - Self-Awareness
- Pick a competency or a skill you want to work on.
- Then find the Connection Activity on pages 17- 116.



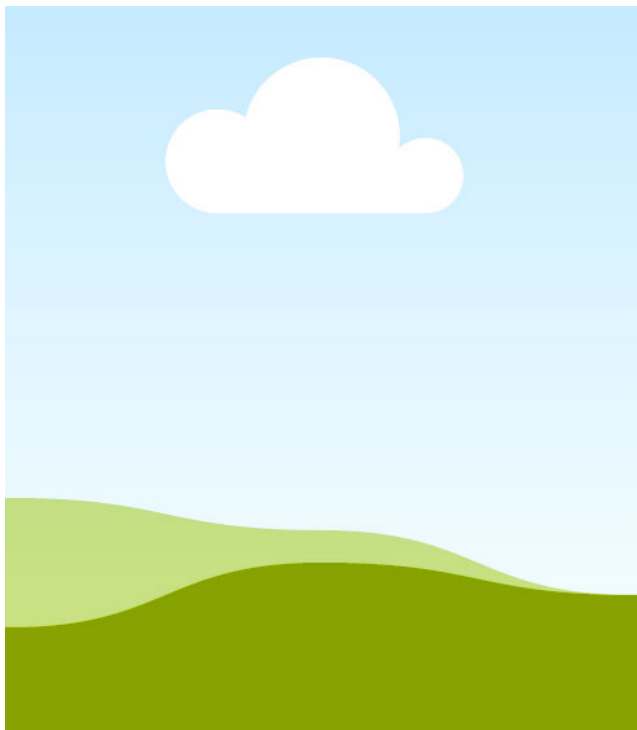
## *Each Connection Activity is broken down the same:*

- The Connection Activities are numbered to help you access them easily (pages 17-116).
  - If you want to jump right in go to the Improv Game Section of the Connection Activity and follow the instructions.
  - If you want to find out the specifics of the Connection Activity, read through all of the sections:
    - Objective and Competency: focuses on skills
    - Instructions: step-by-step how to play the improv game
    - Accommodations: different ways for individuals of all abilities to play
    - True story: how the Connection Activity has been played before
    - Example Questions: Suggestions on what you can reflect on after playing the Connection Activity

# Another way you can start:

- On page 138 complete a Pre-Assessment Form.
  - This form can be completed on yourself to know which Social and Emotional Competency (social skill) to focus on.
  - Or you can complete the Pre-Assessment form on another individual to give you direction on which skills to build on when working with them.
- Once the form is completed you can use the information to determine which Connection Activity to play.

# *For example*



After you have completed the Assessment:

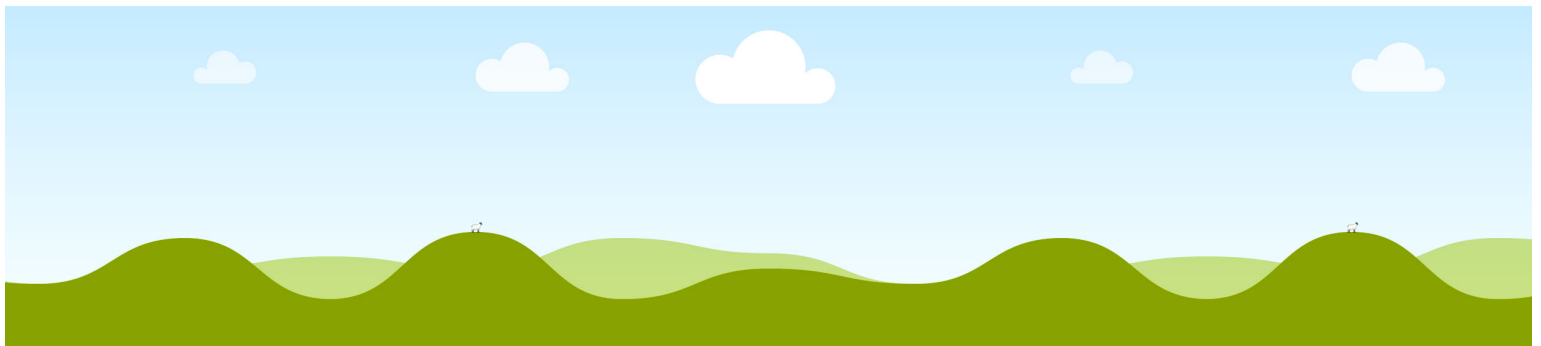
- Look to see what was marked as skills to build on.
  - Say in Section 1 Self-Awareness you marked Recognizing strengths as a skill to build on.
  - You would go back to page 14 and choose one of the Connection Activities checked (#41, #42, #43, or #44).
  - Then go to the respected page that the Connection Activity is described on (pages 17-166).
  - Read the instructions and you can begin to play the Connection Activity.

\*Note: It is important to also choose Connection Activities to play that are strengths to keep those social skills strong as well.

*This whole textbook is worth a read:*

You will learn valuable information such as:

- What are Social and Emotional Learning Competencies are?
- What is the Building Connections Method?
- The research behind how Connection Activities were created
- Social and Emotional Skills Assessments Chapter 7 (page 137)
- How to be in the moment when teaching, and using social skills in all areas of your life!



**The overall goal of this book is to promote connection through enjoyable activities that build relationships, improve social skills, and increase verbal and nonverbal communication.**

**You will find that all of these Connection Activities will lead to a fun and enjoyable time and the skills will be transferred into everyday life naturally.**

# Thank You!

Buy The Brain's Playground

To learn more about  
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<https://withinsupport.com/>