

## Therapeutic Powers of Play

### **Therapeutic Games:**

Mad Dragon

The Therapy Game

Totika with a variety of card packs

Social Skills Board Game

Anger Solutions Card Game

UnGame

Emotions Dominoes

CBT Card Deck

Chill, Chat, Challenge

Monster Stomp

Values Card Deck

Yoga Card Decks

Art Cards

Dragon Dash

Talk, Feeling, Doing Game

What do you know?

Trauma Reaction Card Decks

## **Game Modification Ideas**

### **Perfection:**

Label Emotions to different shapes

Keep it at stop to allow mastery and introduce gradual exposure

Sort shapes and play as teams to improve ability to succeed

Organize shapes to make it easier and demonstrate how organization can improve mastery

### **Chutes & Ladders:**

Using pictures on the game to assist in emotion identification

When you go up say something that you are proud of and when you go down say something that is a challenge

Add challenging behaviors to chutes with sticky notes to discuss when landed on and add sticky notes with rewards on ladders

Use foam shapes and list out things that can assist or help situations and when they land on a chute they can be used.

### **Candyland:**

Assign feelings to each color to be discussed during the game

When stuck in the mud discuss things that make the child feel stuck

Assign coping skills to cards to be discussed

Go through game and then go through game in reverse to try and go back to start

### **Life:**

Life game can be used within family sessions and to assist in family assessment

**Uno:**

Assign emotions to colors of cards to be discussed

Add questions to colors of cards

Other versions of Emoji such as emoji UNO can assist in emotion identification and discussion

**Operation:**

Discuss feelings in body during the game

Play with no buzzer to assist in regulation and mastery

**Sorry:**

Change pieces to emotions

Reduce pawns to improve mastery and challenge

Assign categories of questions to a number and when rolled they have to answer the question

**Don't Break the Ice**

Put colored stickers on bottom of pieces and when they hammer it out they have to talk about that emotion

**Jenga:**

Use as building blocks

Create a emotional wall with blocks and discuss boundaries