

Game Title: Worry Whack-a-Mole

Objective: The objective of the game is to help the player talk back to worry every time it shows up by playing a game of whack-a-mole. By doing so, the player can learn to recognize and challenge their worrying thoughts and develop strategies to manage them.

How to Play:

1. The game requires a large open space such as a park or playground.
2. The player will start by standing at one end of the playing area.
3. The playing area will consist of several "moles" (i.e., objects such as cones or stuffed animals) scattered throughout the area. Each mole will have a written or drawn worry on it.
4. The player will need to run around the playing area and "whack" (i.e., touch or tap) each mole while talking back to the worry written or drawn on it.
5. The player can use different phrases or techniques to talk back to the worries, such as "That's not true!" or "I can handle this!".
6. The player will need to whack all of the moles and talk back to all of the worries within a certain time limit to win the game.
7. If the player misses a mole or forgets to talk back to a worry, they will need to start over.

Tips:

- Encourage the player to think of the worries as something they can challenge and overcome, rather than something that controls them.
- Make sure to explain to the player that worrying is normal, but that it's important to challenge and manage worrying thoughts.
- Consider having a discussion with the player after the game to reflect on the worries they encountered and how they talked back to them.
- You can also add educational information about worrying and anxiety to the game to help the player understand it better.

- Make sure the game is age-appropriate and uses simple language that kids can understand.
- Be mindful of any physical limitations or conditions that may affect the player's ability to participate in physical activities.