



# Therapeutic Games Workshop

Monday 15th May 2023



# Summary

- **Initial idea:** this theme has been developed due to a request by a member of staff
- **Aim:** to collaborate on the development of an adaptable resources booklet (*hosted on the BEC website*) to support/encourage relationship building
- **Target audience:** Secondary or HE pupils





# Plan of action

- 6-8 ideas to be included in the resource booklet
- Instruction videos/demonstrations (*to go alongside the booklet*)
- **Timeline:** to be completed by July 23



Word association game to explore thoughts & feelings

Have you never/ever games

'Go Fish' - different colours link to different questions

Creating stories - write a script & YP can illustrate

Jenga - wooden blocks with conversation starters written on

Making a playlist of music

Jigsaw - for any theme/topic

Yoga

2 Truths + 1 Lie

Making dice

Board game - adapt snakes & ladders - + strengths cards (build self-esteem)

Bag of fidget toys: great for all ages

Beach ball - different perspectives

Boardgames: facilitates conversations

'See', 'think', 'wonder' questions

Learning a Mindful activity

Playing games with balls: football, basketball, etc

Working with stones to explore aspects of self & relationships

Building upon age appropriate games

Use an elastic-band to describe resilience

Drawing: to explore school/family experience

Role play being the teacher in the classroom - so the child has something to do & feel valued

Using waterpaints or markers

Cartooning

A song - breaking the sentences down & exploring the connection to the individual words... feelings/thoughts/memories

Making a photo-book/PP of a trip out together

Working with natural materials: i.e. wool



## Actions:

- **BEC:** to create the resource booklet and send to group for feedback before final upload to the website
- **Group members:** need volunteers to record an instruction video/demonstration of one of the games to sit alongside the booklet



**Thank you**

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