

WORKSHOP



Therapeutic games for relationship building

Aims of the workshop

- Creatively develop a range of activities that can be used (indoors or outdoors) with individuals and small groups for relationship building.
- Explore your creative ideas (that might not be fully formed yet) with colleagues and be supported in putting them into practice.



Why focus on this theme in a workshop?

- Link with Trauma-informed approach
- Gain insight
- Time to reflect
- Sharing ideas





Check in with each other



Who

male

20yo

care leaver



What

beach ball

jigsaw

yoga poses



When and where

1:1 support

during middle of the session



Why

continue to build relationship

help him to build relationships with others

support self-expression





Who you use games/resources with

What games/resources you use

When and where you introduce games/resources

Why you use games/resources – for what purpose





What ideas have you got?

Love working with natural material eg wool....making pom poms, God's eyes Learning a mindful activity.

Beach Ball - 'different perspectives'

'Jigsaw' - for absolutely anything

Blank piece of paper with marker pens.

Playing games with balls - football, basket ball
etc board games, facilitates great conversations
Walks along the beach/woods

Using drawings to explore school/family experience

Working with stones to explore aspects of self and relationships

Building on age appropriate games

- getting a challenging child to role play being the teacher in the classroom- so the child has something to do during instruction and feel valuable (for example, turning pages on the inter active white board)

What ideas have you got?

Water paints are mobile and easy to use on the go.

Cartooning

Word association game to explore thoughts and feelings

Have you never/ever games

Yoga

Making books with younger children, social stories. Write the script tog and YP can illustrate.

Jenga - wooden blocks with coversation starters on

Love music. Singing....making a playlist

Board game - adaptation of snakes and ladders - strengths cards to build self esteem

What ideas have you got?

Using an elastic band to describe resilience

'See, think, wonder' questions

Making a powerpoint tog using photos of a trip out together

making dice

Go fish - different colours different questions

2 truths and a lie

Many fantastic picture books are online. Good for those that relate better to a screen time.

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

Bag of fidget toys great for all age groups