Easy Ways to Implement Play Therapy in to Your Counseling Program

Handout Packet

Collected by:

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All resource books are listed in the final slides of the powerpoint presentation.
I'm a Star Community Member
My name is _______________.

1. Recycling is important because...

2. Cooperating with others is important because...

3. Being respectful is important because...

4. Following rules is important because...

5. Not littering is important because...

6. Honesty is important because...

Missouri Comprehensive Guidance Programs: Linking School Success to Life Success
To ensure that the work of educators participating in this project will be available for the use of schools, the Department of Elementary and Secondary Education grants permission for the use of this material for non-commercial purposes only.
I'm a Star Community Member
My name is ______________.
Feelings Candy Land

Created by Tasha Milligan, MA LPC, Pathways to Peace Counseling

Red - Anger
Tell about a time you felt angry.

Orange - Embarrassed
Tell about a time you felt embarrassed.

Yellow - Happy
Tell about a time you felt happy.

Green - Anxious / Scared
Tell about a time you felt anxious.

Blue - Sad
Tell about a time you felt sad.

Purple - Loved
Tell about a time you felt loved.

Pink - Special Day
Tell about a special day that you have experienced.

www.pathwaystopacecounseling@gmail.com
https://www.teacherspayteachers.com/Store/Pathways-To-Peace-Counseling-Resources
Feelings Candy Land
Instructions

Feelings Candy Land is one of my go to games for counseling. It works very well with young children (4-5 years old) and is even requested by some of the middle school children that I see. It is very versatile and easy for children to learn. This is how I use it, but feel free to tweek things and make it your own!

I use Feelings Candy Land for several different reasons:
1. To help children identify feelings words and how to attach them to experiences.
2. To help children process feelings in a non-threatening format.
3. To establish rapport. I think that it helps children normalize feelings when they realize that their therapist has feelings, too.

**Beginning of session:** I generally begin the session with a check in of how things have been going for the past week. We talk about new problems or how they have made progress.

**Introducing the game:** I begin by asking the child if they are familiar with the Candy Land game. If not, I explain the rules. I tell them that since they are in counseling, we will discuss feelings as part of the game. I lay the paper with prompts of the table so that they can easily see which feeling correlates with each color.

**Playing the game:** I usually let the client go first. If a the client begins discussing a situation which triggers emotion, we will put the game on hold to process feelings. Often times I also have to process feelings of frustration or sadness with the child if they do not win.

**Closing the Session:** It is always important to resolve emotions before closing out the session. I will generally encourage the child on their willingness to discuss their feelings and take time to talk with them about how they feel after the game. Does it feel better to get those feelings out? Was it scary to talk about your feelings? What did you learn about your feelings?

**Switch It Up:** Sometimes I will switch up the questions to take the monotony out of the game, especially with a child who clams up. Instead of when did you experience these feelings, you could ask things like “What would make a person feel __________”, or “Do you know someone who felt __________?”
Kindness...

Pass It On!

You Are Amazing

Smile!

You Can Do This!

make up your mind to be kind

Someone’s You!

I think you’re great!

You can do hard things!

Smile!
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