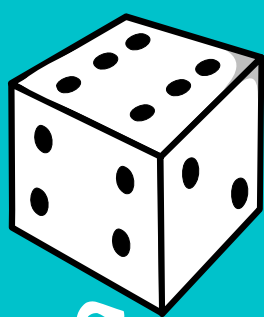


PLAY THERAPY ACTIVITIES

PLAY THERAPY INTERVENTIONS CAN BE USED TO FACILITATE COMMUNICATION, FOSTER EMOTIONAL WELLNESS, BUILD RAPPORT, AND SO MUCH MORE. TRY OUT THESE TECHNIQUES THAT SOME OF OUR THERAPISTS USE TO STRENGTHEN THEIR THERAPEUTIC RELATIONSHIPS AND DEVELOP TREATMENT PLANS.



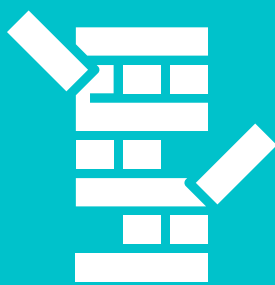
PLAY A BOARD GAME

Strategy games like Checkers, Connect Four, Uno and Chess can help build connection, improve mood, develop social skills, teach healthy competition and build self-esteem. Chance games like Sorry! and Go Fish help in similar ways, while also being ideal for kids who are presenting withdrawn, shy behavior, social difficulties, and anxiety symptoms.



BLOW SOME BUBBLES

Blowing bubbles is a fun, effective way to practice deep breathing. Deep breathing has been shown to help regulate heart rate and other parts of the nervous system, which can help with anxiety. Popping bubbles is also a great way to relieve stress.



PULL OUT THE JENGA

Jenga requires us to slow down and focus in order to pull a block out without knocking the entire tower down. This game can help improve self-control and executive functioning, and can also be used to discuss how to handle frustration and work on managing impulsive behaviors.



TOSS SOME BALLOONS

Tossing balloons back and forth or keeping them up in the air as long as possible is not only fun, but can be a great way to foster bonding and manage stress. It can also help people feel more comfortable and to transition from the outside world to the therapy space.