

From Paper to Practice: Sensible Strategies for School-Based Counseling – Activities Handouts

Ragan Aaron, LPC-S, RPT & Stephanie Kneedler, NCSP

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### Three Wishes

**Supplies needed:** paper, drawing utensils

**Steps:**

1. Give client 3 sheets of paper.
2. Provide instructions to draw a wish they have for themselves (or for their family, future, career, etc.) One wish on each sheet of paper.
3. Once complete, client can share wishes or take turns having others guess wishes.

### Head to Toe Regulation

**Supplies needed:** outline of gingerbread person, drawing utensils

**Steps:**

1. Give client gingerbread person outline and drawing supplies.
2. Start by talking about what regulation is. Then begin brainstorming ways we use our bodies to regulate. Begin with the head and work your way to your feet.  
Ex. How do you use your brain to regulate? How do you use your eyes? Your ears? Mouth? Arms? Hands? Etc.
3. Provide instructions to write or draw ways you regulate different parts of your body.

Can be adapted to do a body scan and identify/bring awareness to physical sensations experienced with different emotions, etc.

### One-Minute Four Square

**Supplies needed:** paper, drawing utensils

**Steps:**

1. Instruct client to draw a line down the middle of their paper short ways and long ways to make four equal sized squares.
2. Assign an emotion to each square. Ex. Joy, worry, fear, surprise
3. For each square, have client think of a time they felt that emotion higher than a 7 on a scale of 0-10. Give client 60 seconds to draw a picture of the memory.
4. Client can share their memories.

## Feelings Legos

**Supplies needed:** Legos/colored blocks

**Steps:**

1. Have each person pick 10-15 Lego blocks.
2. Assign each Lego color a different emotion.  
Yellow=excited, blue=disappointed, red=angry
3. Take turns sharing about each feeling based on your chosen pieces.  
Memories, triggers, how that feeling is expressed, how you manage or cope with that feeling
4. Build something together using all of the pieces.

## Follow the Leader

**Supplies needed:** paper, drawing utensils

**Steps:**

1. Choose who will be the "leader."
2. The leader will think of something they want to draw, and then provide instructions to have other person create a drawing as close as possible to theirs, without saying what it is or using visual cues.
3. When finished, compare products. Individuals can take turns leading and following.

Can be adapted to be done with blocks/legos, Play-Doh, or making a design with playing cards

## Dream Board

- Use magazines, markers, scissors, and glue/tape to create a collage showing dreams or goals for the next year.
- Encourage client to think about what they would like to accomplish, begin finding pictures or phrases that represent goals they would like to work on, and then tape or glue them to a board/piece of paper.

## Uno or Candy Land with the Ugame

- After each move, take turns picking a card from the Ugame to answer a question.

## Feelings Jenga

- Using a game of Jenga and a sharpie, write different emotions, phrases, open-ended questions, and fill-in-the blanks to prompt discussion.
  - Ex. “My teacher...”, “I am good at...”, “When I am sad I...”, “I feel worried when...”

## Totika

- Similar to Jenga
- Has decks of cards with different topics such as self-esteem, social skills, divorce, bullying, anger, etc.

## Resources

Gil, E. (2015). *Play and family therapy*. (2nd ed.) New York, NY: Guilford Press.

Hartwig, E. K. (2021). *Solution-focused play therapy: A strengths-based clinical approach to play therapy*. Routledge.









