

ESCAPE THE WORRY SPELL

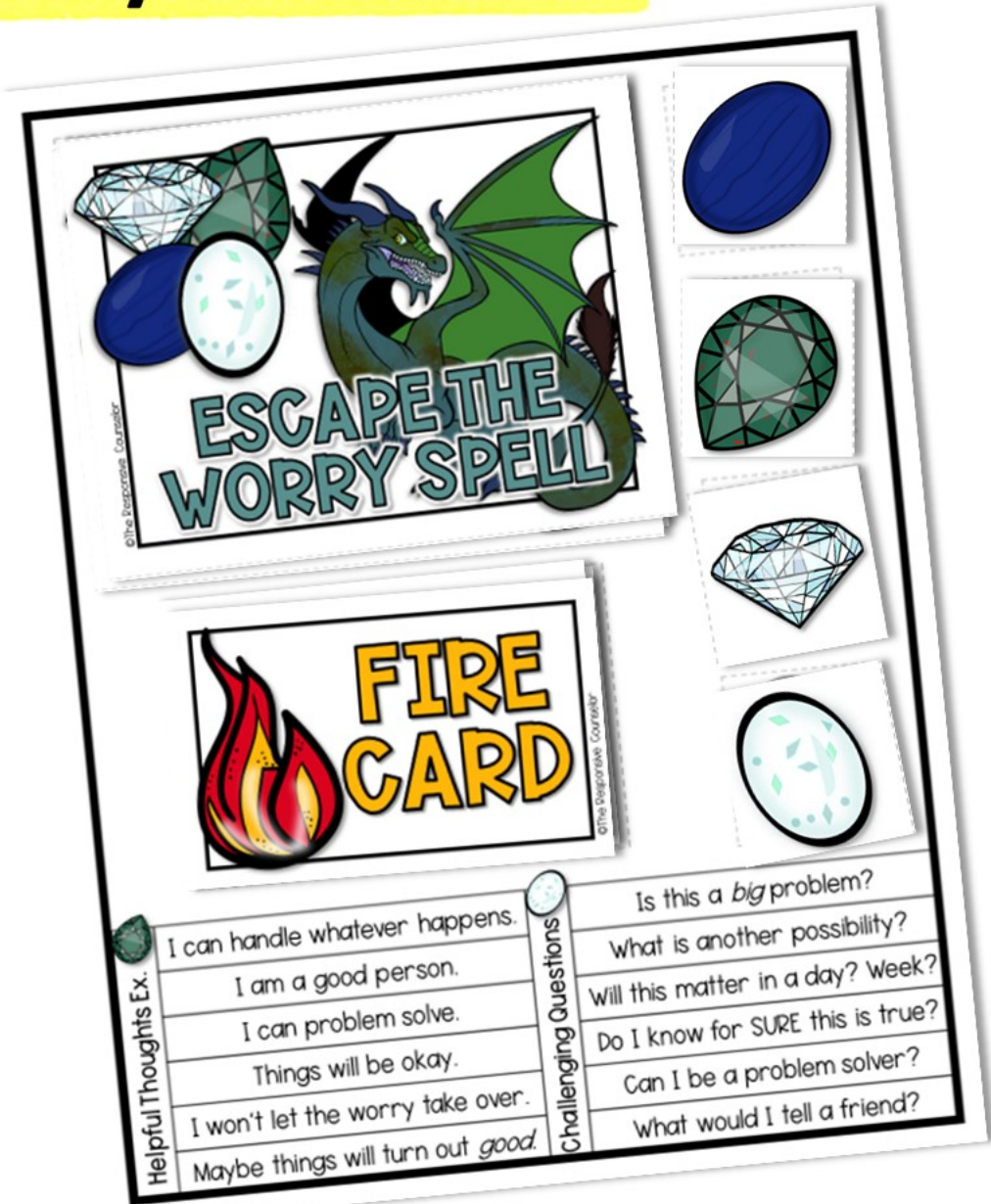
cbt-based game for coping with worry



- Fantasy adventure themed
- Play competitively or cooperatively

notes to the counselor/teacher

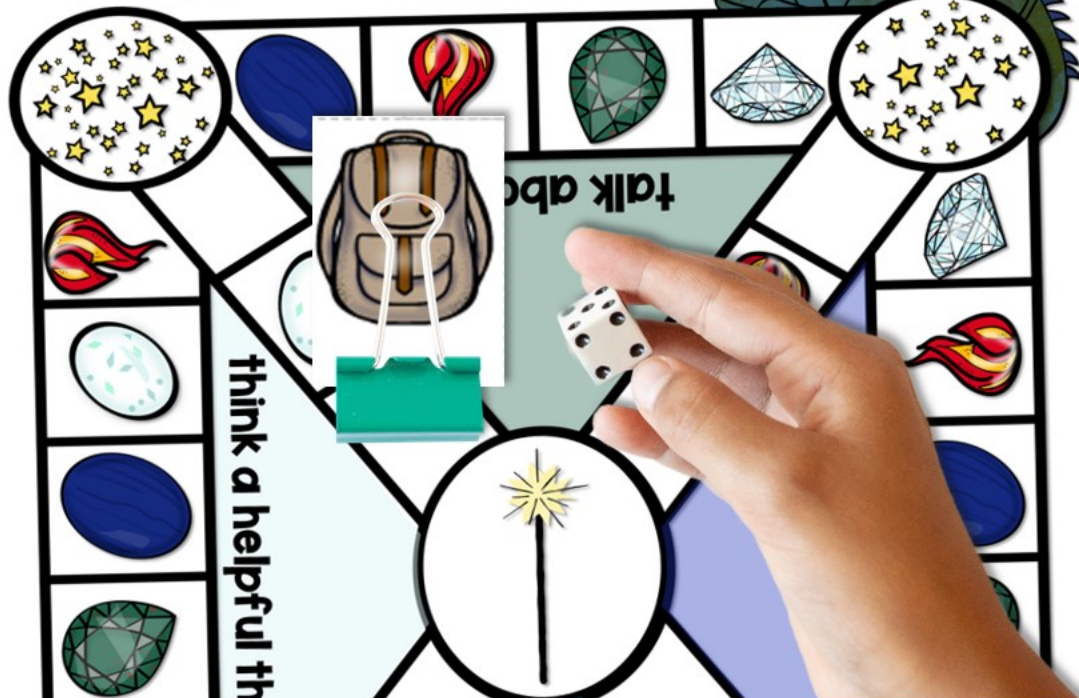
- This game was created to help children with anxiety process their experience and practice coping skills.
- The prompts are CBT-based to align it with what research shows works.
- It's also a game that is fun to play more than one time because players are unlikely to get the same prompts more than once, and there is choice within the game to mix it up as well.



fantasy adventure themed

ESCAPE THE WORRY SPELL

An evil dragon has put a worry spell on the people all around him, making them incredibly worried about things. The spell can be reversed, but only if you're able to gather all of the magical gems in time. Move around the board to answer questions, practice coping strategies, and collect the gems!



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game play

- Players land on spots that prompt them to draw fire cards or gem cards
- The goal is to collect a pre-determined number of each gem
- Collected gems can be held with playing piece(s), inside binder clip or paperclip
- Players make choices and use strategy during the game:
 - Which direction to move on the board
 - Whether to move collected gems to the safe zone as they get them, or wait until they have more/all



gem cards (20 cards, 80 prompts)

Practice
coping skills



ESCAPE THE WORRY SPELL



Name three things you see, two things you hear, and one thing you currently feel.



Challenge this thought: "I am going to fail this test."



Describe how your body might feel when you are worried.



Imagine your best friend is sick from school today and you are worried about who you will play with outside at recess. What would be a helpful thought?



Think and share
about your
worries

Challenge
cognitive
distortions/
unhelpful
thoughts

Generate
helpful
thoughts

fire cards (16)

Some good, some bad
– it's up to chance!



You found a dragon
egg on your journey.

Roll again.



You found a magic
potion on your journey.

Move 2 spaces in
either direction.

You ran into a troll
who steals all of
the gems you're
carrying.
Return your gems.



A friendly phoenix gives
you a magic feather.

Save this card and
use it to turn a gem
space into any gem
you need it to be.



- other materials needed: binder clip(s) (preferred) or paper clip(s), file folder, die (optional – pencil and paper clip needed if no die)
- competitive and cooperative directions included
- large (two page) and giant (four page) board options
- black and white pages also included



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



the **RESPONSIVE**
counselor

Let's Connect:

