

ANY GAME COUNSELING Qs

**turn any game into
a counseling game!**



- Prep once and you're set!
- Works for individuals, groups, and classes
- 26+ topics (and growing!)
- Used by over 4500 counselors!

how do you use them?



- ▶ Print and cut
- ▶ Punch a hole in the corner
- ▶ Pop on a keyring or binder ring
- ▶ Use any time you need...
 - ▶ A fun individual or group counseling activity with zero prep
 - ▶ To play a game but make it therapeutic

how do you use them?

Worry



1. What is 1 way your face or body looks or feels that shows you're worried?
2. What is 1 thing you worry about at school?
3. What is 1 thing you worry about at home?
4. Practice taking 3 slow, deep breaths.
5. Practice making all of your muscles tight for 3 seconds and then relaxed for 3 seconds.
6. What is 1 thing you can tell yourself in your brain to make yourself feel better when you're worried about something?

Roll a 2?
Answer this!

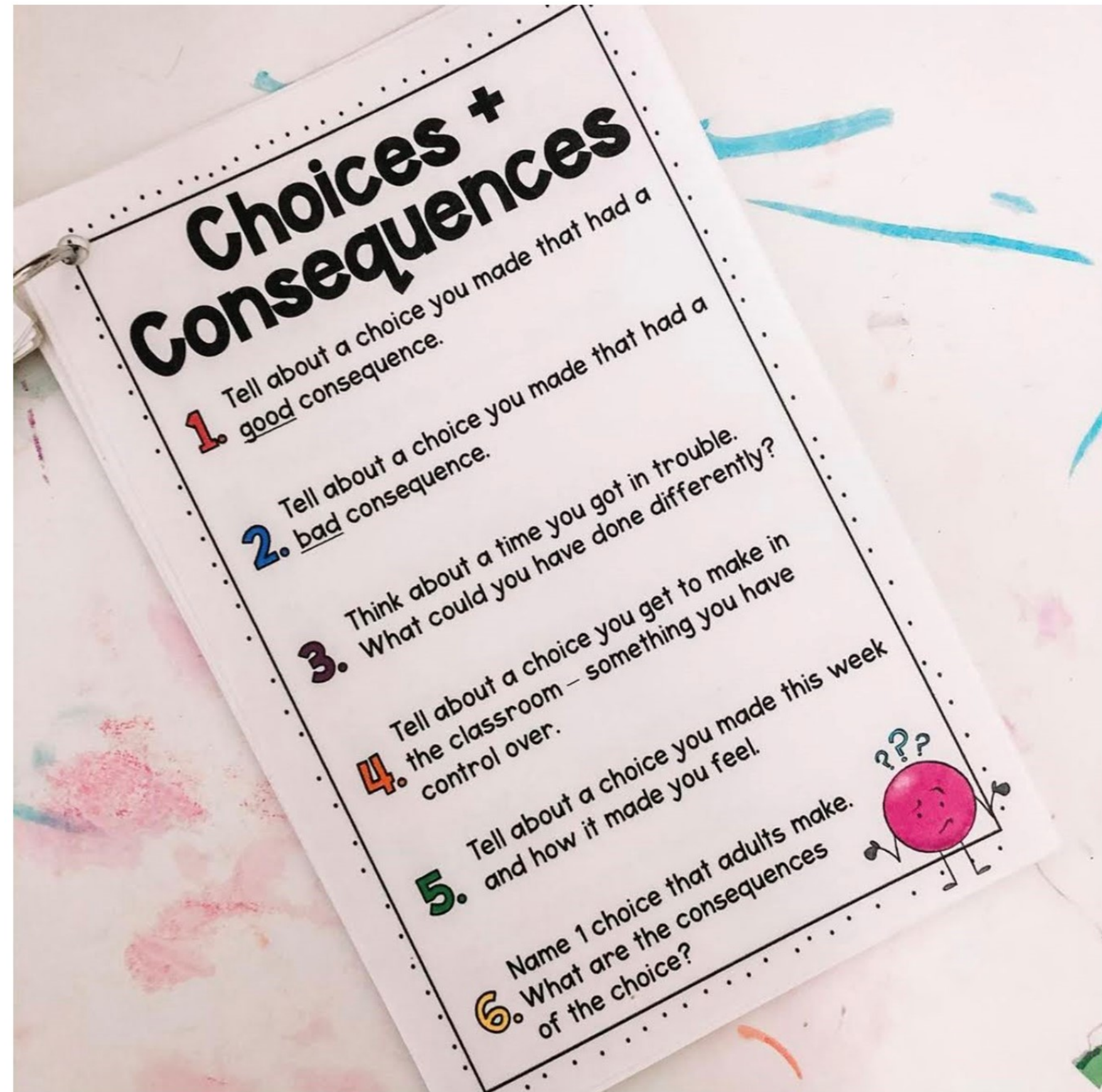
Draw an
orange?
Answer this!

Spin a
yellow?
Answer this!

- ▶ Pick the skill area or topic your students need help with (or let them pick!)
- ▶ Play the game!
- ▶ Take notice of the color or number that you roll/spin/draw/pull
- ▶ Use a question/prompt with every turn, every other turn, or however often makes sense

how do you use them?

- ▶ Get the same color/number more than once in a game? That's okay!
- ▶ The prompts were all created to be answered (or practiced) multiple times – even by the same person!
- ▶ (PS repeated practice is necessary for skill generalization!)
- ▶ (PPS the simplicity helps it feel more like "just a game"!)



current topics include:

- ▶ Getting to Know You
- ▶ Anger
- ▶ Worry
- ▶ Coping Skills
- ▶ Family Changes
- ▶ Positivity
- ▶ Choices and Consequences
- ▶ Study Skills
- ▶ Goal Setting
- ▶ Friendships
- ▶ Social Skills
- ▶ Feelings
- ▶ (More) Feelings
- ▶ Self-Esteem
- ▶ Attendance
- ▶ Conflict Resolution
- ▶ Positive Communication
- ▶ Growth Mindset
- ▶ Breathing Practice
- ▶ Body Relaxation
- ▶ Termination
- ▶ Transitions
- ▶ Gratitude
- ▶ Positive Affirmations
- ▶ Social Support
- ▶ Thoughts, Feelings, and Actions/CBT (3 different sets to scaffold understanding of these concepts)

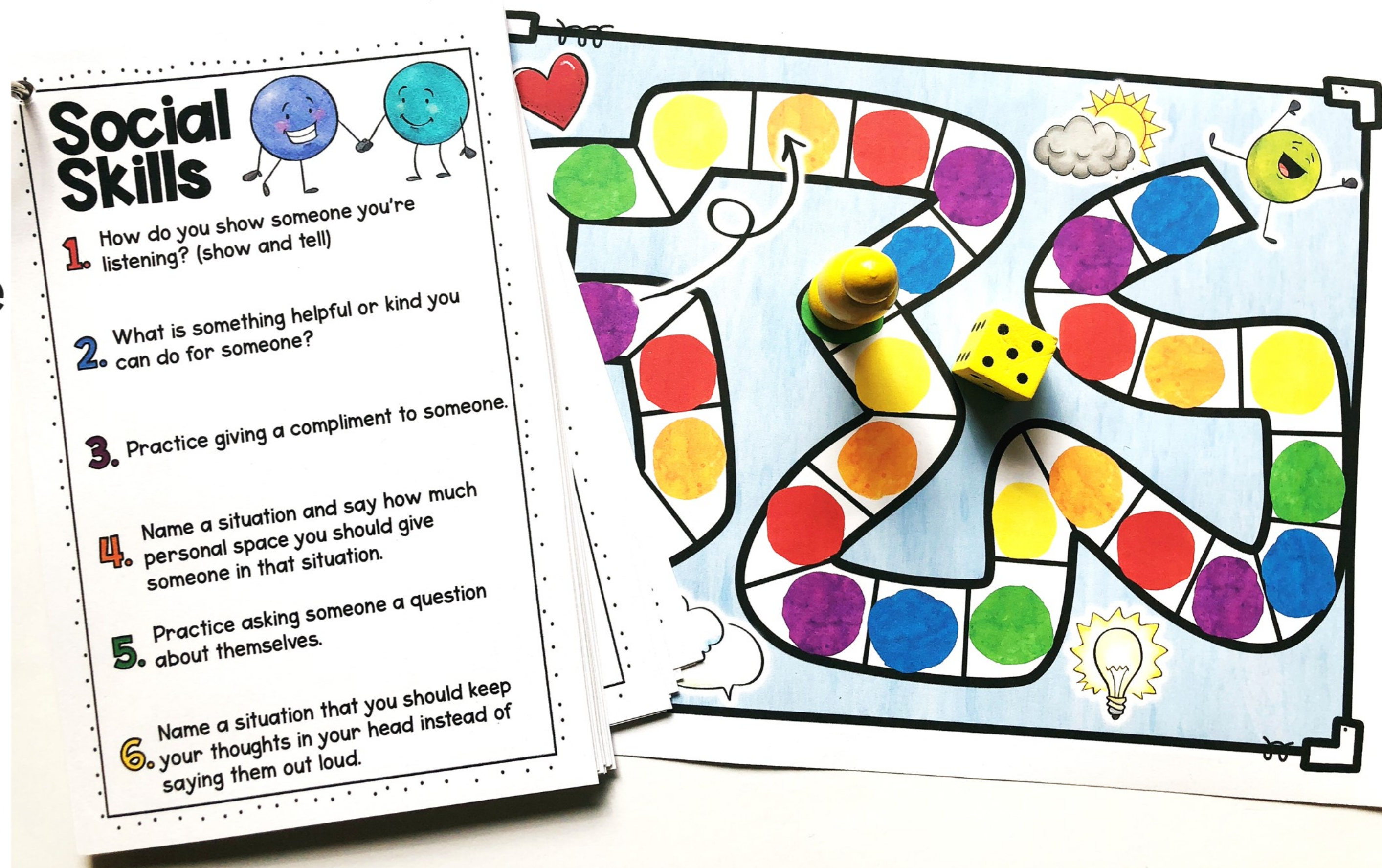
what games can this be used with?



- ▶ Candy World
- ▶ Slides and Climbing
- ▶ The game where you yell a number in Spanish
- ▶ The game where you hammer "ice"
- ▶ Four in a row connected
- ▶ The one where you stick swords in a barrel at a pirate
- ▶ Tumbling block tower
- ▶ Any anything else with numbers or colors (or that you can add them to!)

what games can this be used with?

- ▶ Simple game board also included – just add a die and anything you want to use as playing pieces (blocks, erasers, etc.)





reviews

"I love how there are so many topics in this set! I use this for small group counseling in order to incorporate play into the group. It motivates the kids and teaches them social skills at the same time!"

—Jessica B.

"These are amazing! I love that you can use these at a moment's notice to work with a student in a fun and engaging way, or use in lesson planning for groups, individuals, or even class lessons. The variety of topics is great!"

—Brooke S.

"These counseling games are so much fun for kids! Sometimes they don't even realize they're doing 'counseling'; they just know they're having fun playing a game. I use these in group and individual counseling sessions with different age groups and different board games, and I've gotten positive feedback with all of them.

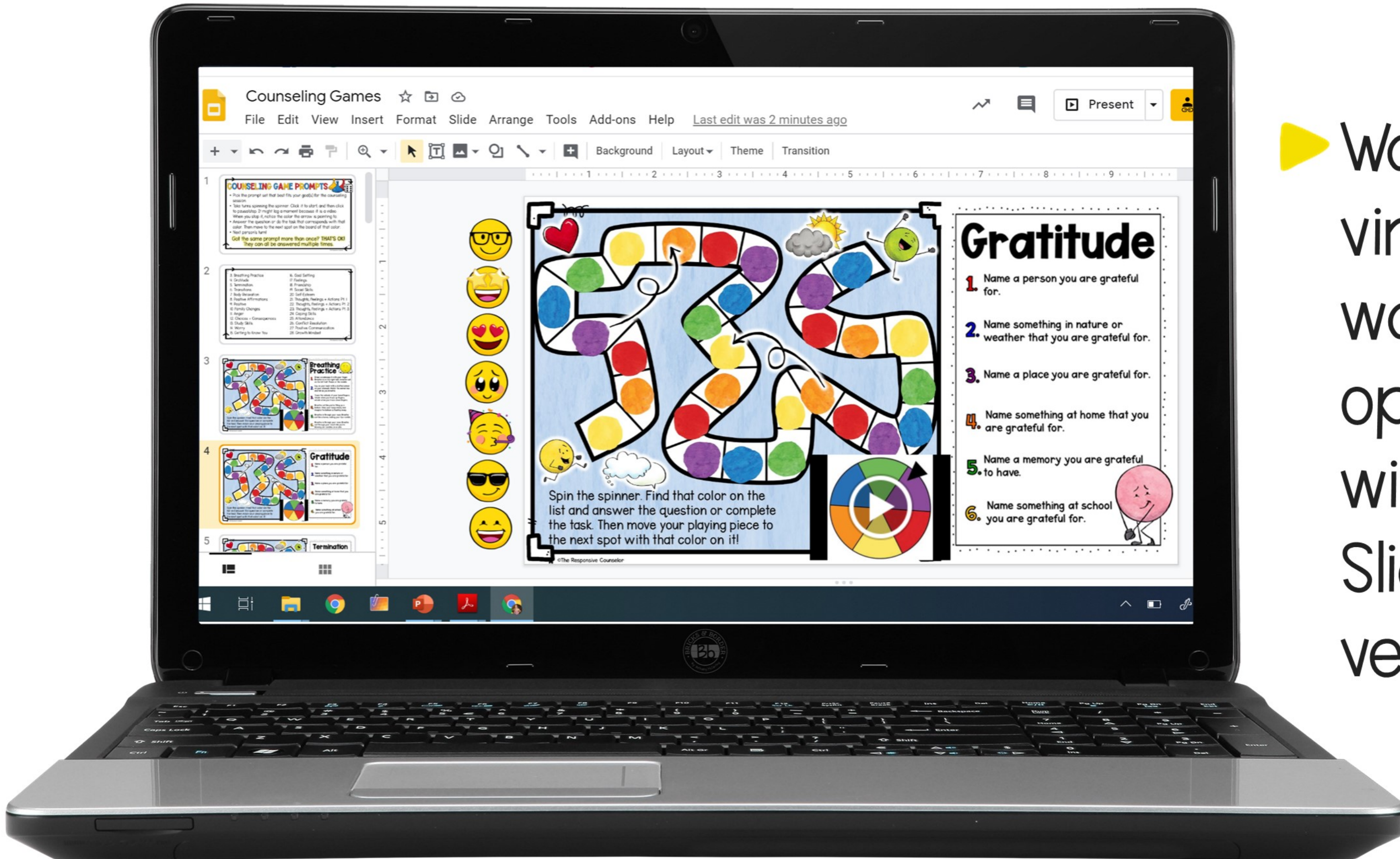
Definitely recommended!"

—Katelyn P.

"This is one of the best things I've found on teachers pay teachers. I use this with all the games I had at home and it saved me so much money. SEL games can be so expensive. Thank you for this!!!!"

—Lizzie C.

using digitally



► Want play virtually, or just want a digital option? Comes with a Google Slides™ version!

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:

