

Tele-Play Therapy Activities:

- **Bibliotherapy: Giraffes Can't Dance.** Check out my blog [HERE](#) for how I use this book for growth mindset, self-esteem, regulation, and social skills. If you don't have this book there is a link to you YouTube video of the book. You can send the client the link through the chat feature and they can pull it up on their computer – OR if your program has a screen share it can be co-viewed this way too! This blog has a download packet of three printable worksheets to use BUT if a client does not have a printer you can ask the parents to have markers and paper ready and the client can create the worksheets themselves! Supplies: Giraffes Can't Dance (or video), printed handouts (or computer paper), markers, crayons, pencils, or pens.
- **Guided Imagery: Safe Calm Space.** Have kids watch Peace Out Guided Relaxation for Kids – Balloon by Cosmic Kids Yoga. Explore where their balloon took them and have them draw a picture of their safe, peaceful, calm space. Supplies: Paper, crayons, markers, or colored pencils.
- **Pick a Miniature: I LOVE miniatures.** And here's a secret – your client's likely have a giant collection of their own miniatures in their home. You could have clients pick a miniature for a wide variety of feelings and ask them to explain how each miniature is like that feeling. You could have them pick miniatures to represent their strengths, their goals, or what they are like when they are with each member of their family. The sky is really the limit here. Supplies: Have the client gather a collection of their own miniature objects.
- **Mindfulness Scavenger Hunt:** Have the child do a scavenger hunt finding and collecting five things they see, four things that make noise, three things with texture, two things that smell, and one thing they taste. For other ideas check out this link [here](#). Supplies: Printer OR have the therapist read off each item one by one.
- **Gratitude Scavenger Hunt:** Okay and speaking of scavenger hunts, [here](#) is a link to an amazing gratitude scavenger hunt with a free printable. I also found another example and free printable [here](#). Supplies: Printer OR have the therapist read off each item one by one.
- **Mindfulness:** Get a free printable download of 12 “Mini Mindfulness” activities for kids [here](#) and 8 free printable breathing exercises [here](#). Supplies: Printer (therapist only) OR read a copy of the exercises on your screen or alternative screen.

- **Bibliotherapy: Last Stop on Market Street.** Check out my blog [HERE](#) for how I use this book for gratitude. Don't have the book? No worries – there is a version [HERE](#) that the author reads on YouTube. If you worry your client isn't old enough to click the link the parent can sit in and the child and parent can watch the book together. Supplies: Last Stop on Market Street (or the video), a thank you card OR paper and markers, crayons, or colored pencils.
- **Emotional Hedbandz:** Get these free printable feeling cards [here](#) and hold it up to the camera without looking (or disable/cover the part of the program where you can see yourself). Explore emotions by taking turns asking one question each about the emotion until both emotions (or all with family) have been identified. The low budget version? Have the family write feeling words on small slips of paper. BONUS if you can find elastic, string, or a headband to hold the feeling card up. Supplies: Printer OR slips of paper to write emotion words on.
- **Emotional Regulation:** Grab your emotional Regulation free download [here](#), free anger dice game printable [here](#), free anxiety coping skills mini card deck [here](#), and free “anger buttons” printable worksheet [here](#). Supplies: Printer (or read activities off the computer) and dice. Don't have dice? Cut out slips of paper and draw from a cup!
- **Quick Draw:** This is a Terry Kottman technique and can be found in her book *Doing Play Therapy*. For this activity you agree on a fairly short time limit. The limit doesn't actually matter and it can be altered and flexible. I usually go between 30 seconds and 2 minutes. Have the child get several pieces of printer paper and fold them into quarters. Each section is a new drawing. Using the time limit you instruct a child to make a new drawing in each section. Prompts can be anything you think would fit the child and can include things like drawing their proudest accomplishment, what mad looks like, what they worry about the most, the place they are the happiest, their favorite subject in school, the last time someone was angry with them, the last time they felt guilty about something, etc. After you go through 4-8 rapid drawings you circle back and use each drawing as a jumping off point for a discussion. Supplies: Paper and crayons, markers, or colored pencils.
- **Mandalas:** Use this [amazing resource](#) and [this one](#) to help children use mandalas to help express their inner world. Supplies: Paper and crayons, markers, or colored pencils.

- Feeling Heart: Help young people understand and articulate all the complex and complicated feelings that are in their heart. Unsure of what a feeling heart is? Check out an example and free printable worksheet [here](#)! Supplies: Printer and crayons, markers, or colored pencils. No printer? Have the client or their parent draw out a heart on plain paper.
- Music Body Outlines: I talk about these amazing feeling faces [here](#) BUT they also have body outlines included in the free printables! You can encourage the child to do a body feeling map OR one of my personal favorites play three songs of varying nervous system activation (ie soothing, happy and upbeat, angry and aggression) and have them listen to each song through. After each song have them map out what feelings they felt, where they felt it in their body, and compare the three. Supplies: Printer and crayons, markers, or colored pencils. Don't have a printer? Coach their parent to make three sheets "ginger bread man style" body outlines.
- Recipe for a Good Friend: Use the book *This Moose Belongs to Me* to process what it means to be a "good friend". Process what expectations Marcel has for his moose and if they are realistic. Don't have the book – watch the video [here](#)! Develop your own recipe for a good friend with [this free download](#). Be creative and check in with parents ahead of time about what snack objects may be on hand at home. Brainstorm what ingredients are used to make up a "good friend" and include a recipe of how to put it all together. The sky is the limit! For fun you can use trail mix to identify each trait (ie. raisins = fun, M&Ms = loyalty, etc.). You can also alter this for what it means to be a good family member and enjoy the snack as a family! Lastly – if there is no way to have the actual trail mix – brainstorm what would be in the mix and you can use this as a bridging activity and make the actual trail mix when you are back in the office! Supplies: Printer and crayons, markers, or colored pencils. Snack food to make a "trail mix". Don't have a printer? Use a blank sheet of paper to create a recipe or snag a parent's blank recipe card.
- Big Feeling Eaters: Check out my blog post [here](#) about Big Feeling Eaters complete with how to make this emotional containment activity out of a Kleenex box. This is a great strategy for emotional regulation! Are you worried the family you work with won't have a Kleenex box? You can make this activity out of an envelope (because almost EVERYONE

has those) or to be honest with some thoughtfully folded and taped paper. Check out some examples [here](#) and [here](#)! Supplies: Kleenex box, craft paper/wrapping paper, and art supplies OR envelope and art supplies.

- Yoga: [Cosmic Kids Yoga](#) has an amazing YouTube channel with a TON of exciting yoga practices (Frozen, Harry Potter, or Pokémon anyone?) OR download these FREE [kids animal yoga pose cards](#). Supplies: Yoga mat OR a towel works just fine!
- UNO: You can play UNO online with clients using sites such as [this one](#). Use the same “therapy rules” you have in office. My favorites are identifying feeling triggers, warning signs, and coping skills for every color switch. For me green = anxious, blue = sad, yellow = happy, and red = mad. Don’t have a screen share option? You can use what is called a “Tab Resize Extention” for Google Chrome to allow the screen to split. Supplies: None!
- Sand Tray: Okay – now most of our clients do not have a sand tray on hand at home. BUT most of them have miniature toys and computer paper. For this activity have the client or parent tape together four sheets of computer paper in a rectangle. Have the child or parent gather up the typical “categories” including people, animals, fantasy figures, plant life, minerals, environments, transportation, miscellaneous objects. You can have the client start out by drawing what kind of ground the “tray” will have on the paper. Then, do your sand tray work as usual! Supplies: Miniatures, art supplies, paper.
- New Tune, New Mood: Identify with the child what mood they would like to have in the moment. This could be happy, excited, calm or anything else. Create a playlist with the child of their favorite songs that get them in this mood. They could design an album cover and list the songs out. You can play the songs together and encourage the child to move their body in what ever way feels comfortable for them. Supplies: Paper and crayons, markers, or colored pencils
- Holding on and Letting Go: Have the child trace each one of their hands. In one hand (or just use the fingers if you want less prompts) write what the child has control over. You can write a list draw pictures, or a combination of both. In the other hand write what the child doesn’t have control over and needs to “let go”. Again - use words, pictures, or a combination. For further deepening you could have the child separate the page and

“destroy” what needs to be let go. That could be ripping it up, crumpling it, throwing it in the garbage, etc. Supplies: Paper and crayons, markers, or colored pencils.

- Play doh for regulation.
- Have parent blow bubbles and child pops bubbles with different body parts (i.e. elbow, clap them, forehead, etc.).
- Cotton ball/lightweight ball blow. Have the parent and child sit next to one another with their hands cupped together so they can blow a cotton ball or lightweight ball (or feather!) from one hand to another. You can also have them turn this into a soccer game where they have it on the floor or table and blow really strong back to one another. For deep breathing.
- Do a scavenger hunt on things they can see, smell, taste (maybe not taste...lol), feel, and hear from around the room. Or do a scavenger hunt of different things (i.e. something green, a circle, something soft, etc.) For mindfulness.
- Have them introduce a favorite toy or favorite room (or even family member or pet!)
- Have them draw a heart and color in the feelings they are currently experiencing
- Progressive story telling. You start with "Once upon a time there was a ____ who was feeling ____ because of ____" and go back and forth telling the story.
- Working on gratitude by writing what they feel lucky for on four leaf clovers (gotta get in the holiday spirit!)
- ABC mindfulness -- find objects around the room that start with each letter of the alphabet.
- Virtual sand tray -- collect 10 things from house and arrange it on a piece of paper or have them draw on a paper as if it is a sand tray
- Rip up construction paper and glue it on regular paper to make a design
- Play would you rather, never have I ever, Name 5... etc. conversation starter games. I found a bunch on Pinterest that are appropriate for kids
- Have kids scribble on a paper for 30-60 seconds. Have them use a different color marker to find objects in the scribbles. For mindfulness.
- Fold a paper into 6 or 8 squares to make a comic strip
- Make a one-color mandala about their day or experiences (have them use a color that expresses their emotion and put something in the middle of the circle that describes why they feel this way and just finish the mandala from there)

- Make puppets out of paper bags (if they have paper bags)
- Make music out of things from around the house (pots/pans, salt shaker, etc.) Do back and forth sounds with them.
- Use paper to draw a character (i told my young client to draw a monster) then have them tell a story about that monster. It's amazing what they come up with! My client's monster was ANGRY so we came up with ways to help reduce that monster's anger (through smelling the cookie and blowing out the candle deep breathing techniques. Had the client draw a cookie and a candle).
- Have the client pick a toy and have them tell a story about that toy. I bought a few items at the dollar store so they could tell me a story about my characters.
- Mindfulness Game: Requires: A variety of objects found in the client's home.
 - Directions: Encourage the client to use their five senses in the room they are currently in.
 - Ask the client what their favorite color is. Instruct them to find 5 objects of that color.
 - Ask the client to find 4 objects: one that feels soft, one that feels smooth, one that feels hard and one that feels rough.
 - Ask the client to name 3 things that they can hear.
 - Ask the client to name 2 things they can smell.
 - Ask the client to name 1 thing they can taste.
- Emotions Charades:
 - Directions: Ask the client to act out how they would feel if faced with the following situations:
 - Hitting a baseball through a neighbor's window.
 - Fighting over a toy with your sibling.
 - Saying goodbye to someone you will miss.
 - Going on a rollercoaster.
 - Hitting a homerun.
 - Flying on an airplane.
 - Breaking your favorite toy.

- Learning to drive.
 - Missing the winning soccer goal.
 - Riding a bike for the first time.
 - Falling off your bike.
 - Holding a baby.
 - Going to a haunted house.
 - Taking out the stinky garbage.
 - Getting dropped off for your first day of school.
 - Not getting invited to a friend's party.
 - Performing at a talent show.
 - Going to a rock concert.
 - Winning in your favorite video game.
 - Getting in trouble by your parents.
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- Madlib: One day I was feeling really (emotion), so I (verb) outside in the (adjective) sun! This helped me feel (emotion) because I absolutely love (noun). Then, my friend, (person's name) came outside to join me as well! She/he was feeling really (emotion) so we (verb) in the (noun). It was loads of (adverb) fun! Together we made the day a better one because (adjective) friends are always the best!
- Drawing of a tree: Roots are where you come from. Ground is who or what keeps you grounded. Trunk is who or what keeps you standing strong and tall/confident. Hole is something you're not ready to share. Branches are what you are reaching for. Leaves falling are what you are letting go of. Leaves on are what you hold on to that you're not ready to let go of. Flowers or fruit are your resources or what is special about you. Visitors to the tree could be hope for the future. I have adapted over the years and with specific client issues. It's a fun one!
- Puppets!!! I can be completely off screen while my puppet talks to the child and the child's stuffed animals.
- Masks with paper plates (What they want others to see on one side and what they are really feeling on the other side)
- 60-second LEGO Challenges! The client and therapist can both build and then show each other what each came up with
- For the high energy kids: Movements silly dances they have to copy, red light green light.. then mix it up with slowing down activities
- I have a bucket of "random questions", played 20 questions (I used the app Akinator to help me out), tried a name the random noise I am making. I've tried the website whiteboardfox.com to play pictionary and tic tac toe. I also read a guided meditation to a kid. I'd love to hear what other people are doing.

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- Mindful doodling...have them draw how they are feeling now, what they think will be positive over the following weeks, and what they are worried about the most over the next few weeks...then help them process. I have, also, found a site that allows for games to be played digitally. I share my zoom screen with my client and have them practice their communication skills and problem solving/teamwork. Uno is, also, on there...so I allow them to pick the cards to and then talk about that emotion while I am the computer. It is not perfect, but it has worked well so far for a couple of my younger clients. Here is the website: <https://poki.com/en/g/uno-online>
- Music! If you play an instrument, maybe sing songs and talk about feelings or ask them to do an interpretive dance or art. Maybe have them sing or play music. Now is a great time to brush off those Disney singalong skills.