

Title: Positive, Calm & Focused Game

Age Group: Kindergarten/ School Age

Submitted by: Alicia (Holy Cross)



Type of Activity: Self-Regulation Board Game

Materials:

- Bristol board or pizza box
- Game phrases for regulating*
- Scissors
- Glue stick
- 12 Coloured cue cards
- 4 Medium binder clips
- 4 Full body pictures of family
- Plain paper
- Marker/pen
- Ruler
- Mac-tac or clear tape

* Sample Game Phrases:

- Stretch for 30 seconds
- Squeeze your fist & let go
- Do 10 jumping jacks
- Count backwards from 15
- Miss a turn
- Go back to stretch
- Write a Haiku
- Say a tongue twister
- Take 4 deep breaths
- Have a staring contest
- Name 1 thing you are grateful for

How to Do it:

Board Game:

- Fold and cut 12 cue cards into 6x6 cm squares
- Place and glue squares in a spiral sequence around the board
- Pick phrases from above or create your own and write on plain paper
- Cut out and glue phrases around the board onto the coloured squares
- Print or draw pictures to match the phrases and glue onto squares

- Use some dice from an old board game or create number cards and take turns picking from the pile to determine how many spaces to move

Game Pieces:

- Cut printed pictures or photos (at least 8 cm in height) of family members
- Glue pictures onto thick paper or paper bag to make sturdy
- Mac tac the individual pictures front and back and cut out the images again
- Binder clip the bottom to create a base for the pieces to stand up

Root Skill / Extension:

Emotion 2.5: Regulating Emotions and Behaviours

In order for children to manage their negative thoughts and emotions effectively, it is necessary to teach them strategies to remain calm and focused in the face of adversity, and use positive language to label their feelings.

Extend the Learning: Do activities with your child that support self-regulation like musical chairs, mindfulness meditation or freeze dance.

Check out these links for additional ideas:

Drama Scenarios/ Flash Cards:

<https://do2learn.com/activities/SocialSkills/EmotionAndScenarioCards/EmotionAndScenarioCards.html>

Jenga Feelings: <https://www.thechaosandtheclutter.com/archives/create-your-own-feelings-jenga-game>

Ancient Physical Techniques : <https://www.youtube.com/watch?v=m3-O7gPsQK0>