

Additional Activities

Major Key Alert:

Materials needed: Wooden keys, sharpie markers, paint, paint brushes

Instructions: Show video of DJ Kahlid explaining:

<https://www.youtube.com/watch?v=uNkdSPjI27I>

Talk to the child about some major accomplishments they have had in their life or that they want to accomplish. Then encourage them to color/paint their keys however they'd like. The client then writes things they want to accomplish in the future, words of affirmations and/or positive sayings they've heard. Encourage the client to have family members or friends write positive/encouraging words on their keys too

Rainbows in the Rain:

Materials required: Plastic trays, sand, Crayola colored chalk, funnel, plastic jars

Instructions: Have the client select different colors of chalk to represent the positive things (rainbows) they've gained from the negative events (rain) in their lives. Client will use the chalk, sand, and tray to create the color of sand they prefer. After all the colors have been created, the client will use the funnel to create their "rainbows" in their jars

Just Do You Bingo:

Have the client identify self-care activities/strategies they can engage in and write them on their bingo card. They can come up with "rewards" for a bingo with three self-care squares, and a bigger "reward" when they get a "blackout" on their card

Zentangle information:

Zentangle. (n.d.). <https://zentangle.com/>

The Art Geek. (2016). Beginner's guide to start zentangles. [YouTube].
<https://www.youtube.com/watch?v=yBGVONBOKU>

Thiele, B. (2018). How to create a zentangle. [YouTube].
<https://www.youtube.com/watch?v=WyBeN9RCh7k&t=69s>

Dancin' Dice Game

Using a dice (either virtual or physical), have the child come up with 6 different dances. Assign one dance per number. Take turns rolling the dice, and doing the dance associated with the number. For added fun, create different combinations to perform.

Link for virtual dice: <https://toytheater.com/dice/>

Ultimate Coping Playlist

Using the "Ultimate Coping Playlist" and "Wheel of Names" online spinner (<https://wheelofnames.com/>) add the names of the categories from the worksheet. Have the client spin the wheel and pick a prompt from the category the spinner lands on to create their playlist. Encourage them to play 10-15 seconds of the songs they identify.