

Play Therapy Activities

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Activity	Materials Needed	Why	When	Who	Adaptable for TeleHealth	As in-between session homework
FEELINGS						
Personal Charter (Marc Brackett)	paper & writing utensil	what feelings does the client wa	anytime in the therapy proces	individual, sib, family, group	yes	yes
Different Feelings, Different Needs (Hutchison)	handout, writing utensil	feeling identification, problem s	beginning, anytime in the the	individual, family	yes	yes
Feelings Mediation (on Insight Timer)	smartphone & app	increase feeling awareness, coping strategy		individual	yes	yes
Mind-Body Connection Worksheet	handout, markers/colored pencils/crayons	feeling identification, understand	beginning, anytime	individual, group	yes	
Stick with Your Feelings	splat ball & a laminated feelings poster	feeling identification and expres	beginning, anytime	individual, group, family	no	no
Beach Ball Feeling Toss	beach ball	feeling identification and expres	beginning, anytime	individual, group, family	yes	no
Feelings Mandala	blank mandala, markers/colored pencils/crayons	feeling identification and expres	beginning, anytime	individual, group, family	yes	yes
Color Wheel of Feelings	handout, markers/colored pencils/crayons	feeling identification and expres	beginning, anytime	individual, group, family	yes	yes
Adding FEELINGS to Games	can be done with Ants in the Pants, Uno, Candyland, Pick Up Sticks, Jenga, Twister	feeling identification and expres	beginning, anytime	individual, group, family	with the right set up	no
Fishing for Feelings	feeling faces deck	feeling identification and expres	beginning, anytime	individual, group, family	yes	no
Feelings Memory	feeling faces deck	feeling identification and expres	beginning, anytime	individual, group, family	yes	no
Feelings Mancala	mancala, feeling faces stickers	feeling identification and expres	beginning, anytime	individual, group, family	no	no
Emotional Eggs	plastic easter eggs, marker	idenification, awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes
Which Emotion am I? https://childhood101.com/which-emotion-am-i-exploring-emotions-guessing-game/	feeling faces deck, hedbanz band or elastic band - or on telehealth, hide self-view for therapist & the therapist keeps their card off screen	feeling awareness & identificati	after improving feeling vocab	individual, group, family	yes	no
Mood Tracking	journal, handout, or Mood Meter app	feeling identification and expres	beginning, anytime	individual	yes	YES
Observing & Accepting Your Emotions https://files.constantcontact.com/ac06501c401f7b6edaa-60be-442b-a550-35706197950a.pdf	handout, writing utensil	observing/tracking emotions, im	beginning, anytime	individual	yes	YES
Inside Out Tone Game (Lisa Remy)	spinner (voice prompt) & index cards (phrase prompts)	recognize effect of tone of voice		individual, group, family	yes	with family
Build a Tower (Sharolyn Wallace) - show me how big, how much you feel that feeling	blocks, tinker toys, paper tubes	increase awareness	anytime	individual, group, family	yes	yes
Create-A-Feeling Creature	pipe cleaner(s), playdough or modeling clay, legos, paper tube, OR paper & crayons/markers/pencils	projective, processing	anytime	individual, sib, family, group	yes, if they have the materials	no
Show me with your body what (feeling state) looks like		incrase empathy, feeling recogn	anytime	individual, sib, family, group	yes	yes
Thumbprint Feelings Book http://stlouiscenterforplayther	paper, inkpads	feeling identification & Awareness	anytime	individual, sib, family, group	yes	yes
Use a spinner to draw, read, or move your body related to that feeling		feeling identification & Awareness	anytime	individual, sib, family, group	yes	yes
Feelings Parking Lot http://therapeuticinterventionsk-12	cardstock or file folder, markers, cars	idenification, awareness, processing, coping skills	anytime	individual, sib, family, group	yes	yes
Scribble Game Feelings https://kristinamarcelli.wordpress.com/presentation/d/1-ROdWjdixgybK6eMyRjflgUuZ8Jqi-8Qk1fd2wqE6K0/edit?usp=sharing	feelings faces chart or feelings word list, paper/dry erase board, markers	idenification, awareness	anytime	individual, sib, family, group	no	yes with family
Emotional Scavenger Hunt https://mosswoodconnections.com/wp-content/uploads/2018/10/Feelings-and-Emotions-Scavenger-Hunt.pdf	print out, pencil	idenification, awareness	anytime - as homework or in a group	family, group	yes	yes, preferred
Feelings Workbook https://hope4hurtingkids.com/resources/My-Feelings-Workbook.pdf	print out, pencil/markers	idenification, awareness	anytime	individual, sib, family, group	yes	possibly
Mood of the Day cups https://www.raisingdragons.com/mood-of-the-day-cups/	2 plain paper or plastic cups, markers	idenification, awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes
Feelings Monsters http://fourcheekymonkeys.com/play-love-learn/sad-monster-glad-monster-feelings-activities-craft-ideas-children/	paper plates, paper, paint, markers, glue	idenification, awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes
What are they feeling slides - https://docs.google.com/presentation/d/1-ROdWjdixgybK6eMyRjflgUuZ8Jqi-8Qk1fd2wqE6K0/edit?usp=sharing		idenification, awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes
Feeling Faces	cardstock, markers, Froot Loops or Cheerios, different pasta shapes, assorted craft materials	idenification, awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes

Emotion Buddies https://www.lauraradniecki.com/diy-toilet-paper-roll-emotion-buddies-feelings-activities-for-kids/	toilet paper rolls, google eyes, markers	identification & awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes
Learning About Feelings activity set https://www.amazon.com/dp/B08C1D1F6X/ref=cm_sw_em_r_mt_dp_dl_G59NQPJJQZ4HF9SHXVBS	activity set	identification & awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes
See My Feelings Mirror https://www.amazon.com/dp/B07YCQNNLM/ref=cm_sw_em_r_mt_dp_1AGYGE51BPYA3EY9DS9E?_encoding=UTF8&psc=1	activity mirror	identification & awareness	anytime	individual, sib, family, group	no	yes
My Moods, My Choices flipbook https://www.amazon.com/dp/B07C63V2YZ/ref=cm_sw_em_r_mt_dp_R9996481XZ7JZP45FSG6?_encoding=UTF8&psc=1	flipbook	identification & awareness	anytime	individual, sib, family, group	yes, if they have the materials	yes