

Promoting social and emotional resilience

- Little Friends** Taking turns, social and emotional literacy, being polite while collecting Little Friends. 4-9 years
1. **RoadRace** Dealing with frustration while waiting for your turn. Social and emotional literacy. 4-9 years
 2. **Friendly Island-Lonely Island** More complex game play – avoid frustration and sharks while practicing social and emotional skills. 4-10 years
 3. **Rainbows & Waterfalls** Dealing with frustration while talking, listening, self-soothing, winning, losing 4-10
 4. **Friendly Friends** Solve social dilemmas and learn about friendship, friendliness, politeness. Reflection sheets 6-14y
 5. **Tease** Being assertive while dealing with Pests and Bullies. Reflection Sheets - build resilience, when to seek help. 7-15 yr
 6. **Think Again** Social dilemmas, alternatives to aggression, anger management. Reflection sheets. 7-15 years
 7. **Playground** Sportsmanship, social and emotional skills, collect and present awards while staying out of trouble. 7-14 y
 8. **Give Me Strength** Group cohesion, all finish together! Give compliments, talk about feelings - kindness. 7 years and over
 9. **Strong and Smart** Home, school, friends, physical challenges. Strong and Smart Rainbow Serpent. 9-15 years
 10. **The Scariest Thing** Beat all the scary things and become resilient to anxiety. Reflection sheets included. 7 ++
 11. **COPS** Success at school - help others and catch the Robbers. Reflection sheets. 8-15 years
 12. **FishBowl** Cognitive behaviour therapy, resilience, coping, anxiety, depression. Reflection sheets - 10 years and older
 13. **BLISS** Beat the BlissBombs with true happiness - Beauty - Love - Interests - Social - Spirit. Reflection sheets. 7 yrs +++
 15. **Dragons &Paragons** Character development through moral dilemmas. Help others and collect Karma Coins. 10 years ++

Developmental
Early intervention
Psycho-educational
Meaningful experience
Mediated learning approach
Emotional resilience training
Social skills training
Rapport building
FUN!!

Therapeutic games are designed to teach social and emotional skills to children and young people. The boardgames progress in skill and complexity and are an early intervention, therapeutic strategy to meet the social and emotional needs of young people. Game leaders teach these skills through the boards and cards and through 'life-space' experiences, applying emotional first aid as needed. Reflection sheets allow further discussion of the issues.

Game leaders can be

- psychologists
- counsellors
- specialist teachers
- teachers
- parents
- grandparents
- mentors
- peer mediators
- peer support leaders
- scripture teachers

In fact, anyone who is prepared to respectfully referee children and work through the issues presented in the games. Teaching points and game instructions are clear and easy to follow. Play in small groups of 3-5 players

**BE PREPARED TO HAVE
SOME FUN!!!**

WWW. **THERAGAMES**.COM
Promoting social and emotional resilience

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15 THERAGAMES READY TO PLAY			
Set of 15 Boards, Manual, Cards, Dice, Tokens, Reflection Sheets, USB (printable copies)	\$320
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Set of 15 boards with a USB from which to print the Manual, Cards, Reflection Sheets	\$220
INDIVIDUAL GAMES READY TO PLAY			
Boards, Manual, Cards, Dice, Tokens, Reflection Sheets, USB (printable copies)	\$25
Which games?			
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TOTAL	\$		

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