

Utilizing Play, Games, and Art for Social Emotional Learning

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Why Play?



Play Interventions in Schools



- Different professional backgrounds and different credentials
- Scope of practice and limitations
- Know when to refer out
- The term “play therapist” can only be used if you are a registered play therapist (RPT)
- Play interventions can be helpful in meeting ASCA standards
- Article “Utilizing Play Therapy Within the ASCA National Model”
- School professionals can use these interventions in individual, group, and classroom work
- Can be modified based on age group



Why Art?

Why art?



1

Self-discovery

6

Can be structured or unstructured,
reduces perfectionism

2

Helps communicate what is difficult
to verbalize, symbolic

7

Faces fears or things that have not
been spoken

3

Relaxation and stress relief

8

Sensory integration

4

Builds trust and vulnerability

9


Facilitates healing

5

Channels destructive or angry
actions into constructive creativity

10

Humans are compelled to create





Rapport Building/ Get to Know You



→ Thumball



→ Learning Resources Cubes



→ Beach ball

Jenga



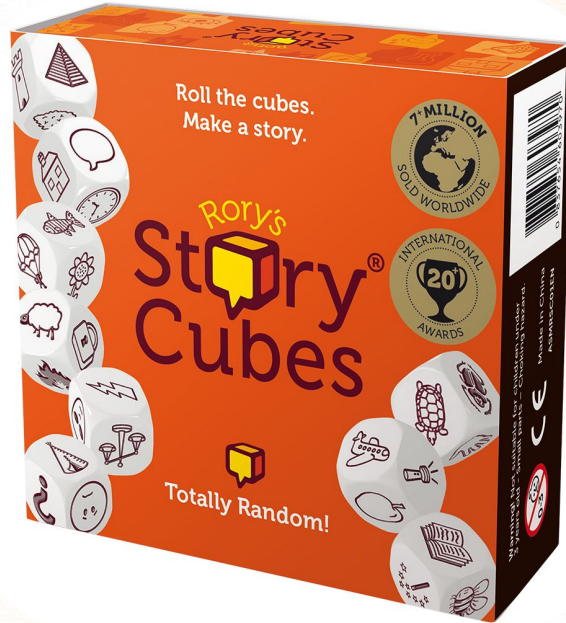
You can find pre-made questions on Teachers Pay Teachers

- Rapport building
- Coping skills
- Body control
- Frustration tolerance



Rory's Story Cubes/Story Cards

- Creativity
- Self-confidence
- Collaboration
- Problem solving
- Discussing feelings
- Flexible thinking



\$→ Could print out photos on cardstock or laminate and make your own!

If I were an animal...



- Rapport building
- Get to know you
- People describe me as...
- I am like a ___ because...

Family Drawing

- Who does the child choose to put in the drawing?
- Have the child explain who is in the drawing - what are they like?
- Resist the urge to interpret

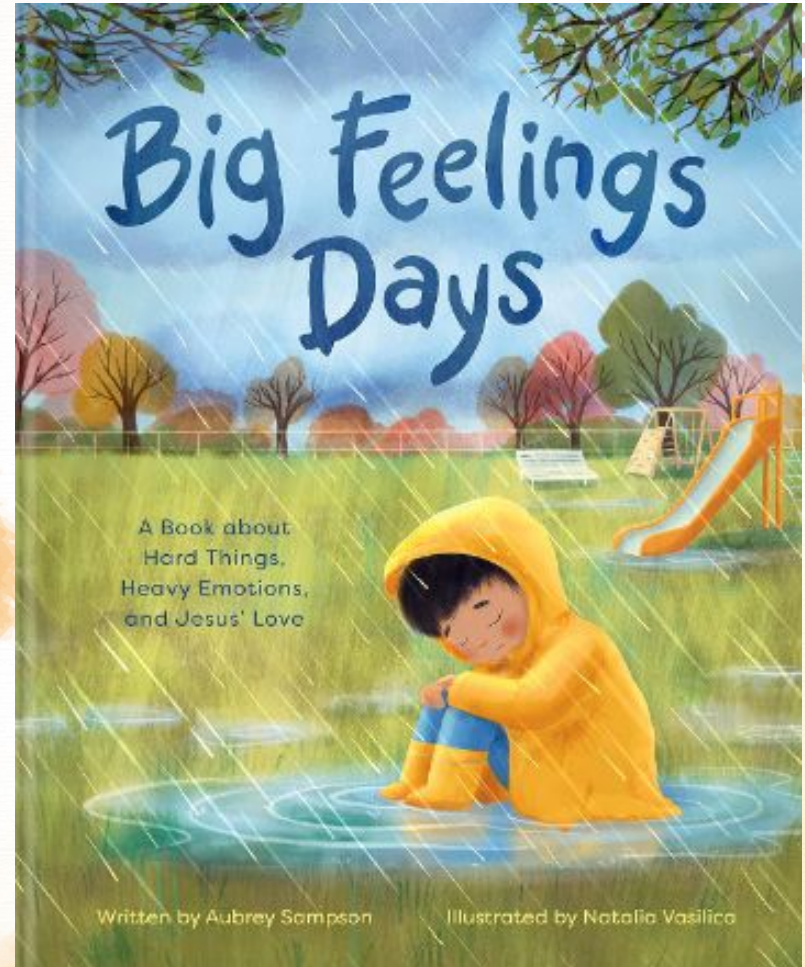




General Emotional Learning

SEL Books

- When reading a book and getting to the “problem” of the book - close the book and work with the child to come up with some solutions (drawing, acting it out, etc.) then, go back to the book and see how the character solved the problem
- How do you think _____ is feeling right now?
- If you have an older child who is “too cool” for children’s books ask them to give their review on if your 5 year old clients would like it
- Pro Tip: Sometimes a child will not want to read a book, but they will watch a YouTube read-along



Body Maps

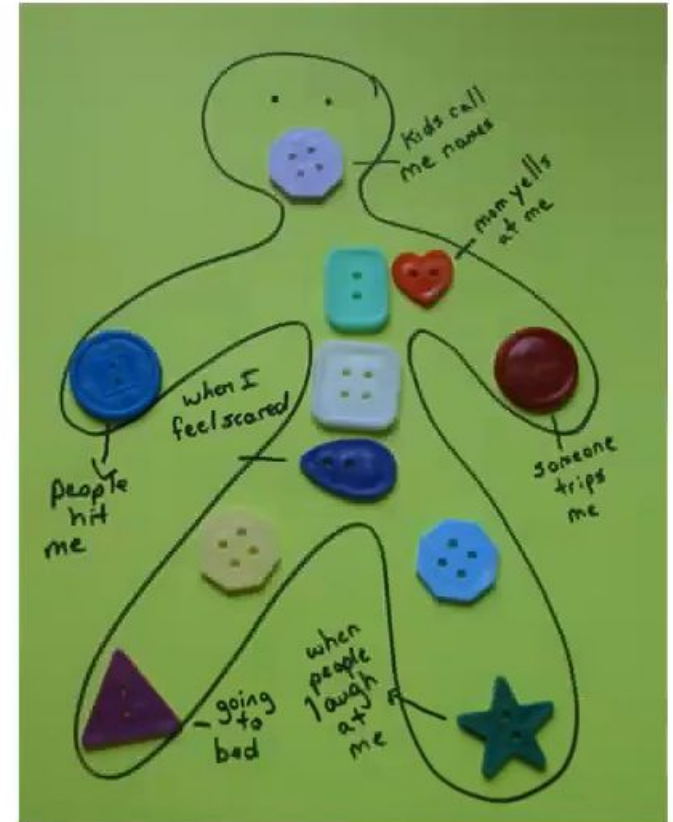


- Emotion identification
- Physiological cues



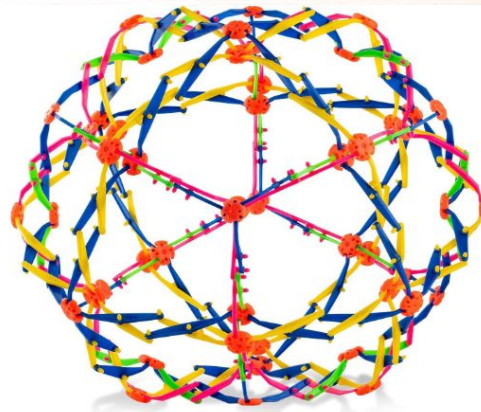
Body Maps Cont.

- Emotion identification
- Physiological cues



Breathing Tools

- Deep breathing
- Breath prayers



Inhale: Peace of Christ
Exhale: Guard my heart
and mind
Philippians 4:7



Fishing for Feelings

- Tell me about a time you felt that feeling (feeling)
- Where did you feel it in your body? (body reaction)
- What do you think when you feel the feeling? (thoughts)
- What did you do when you felt the feeling? (behavior)



Playmobil School Toys

- Reenact school experiences
- Process

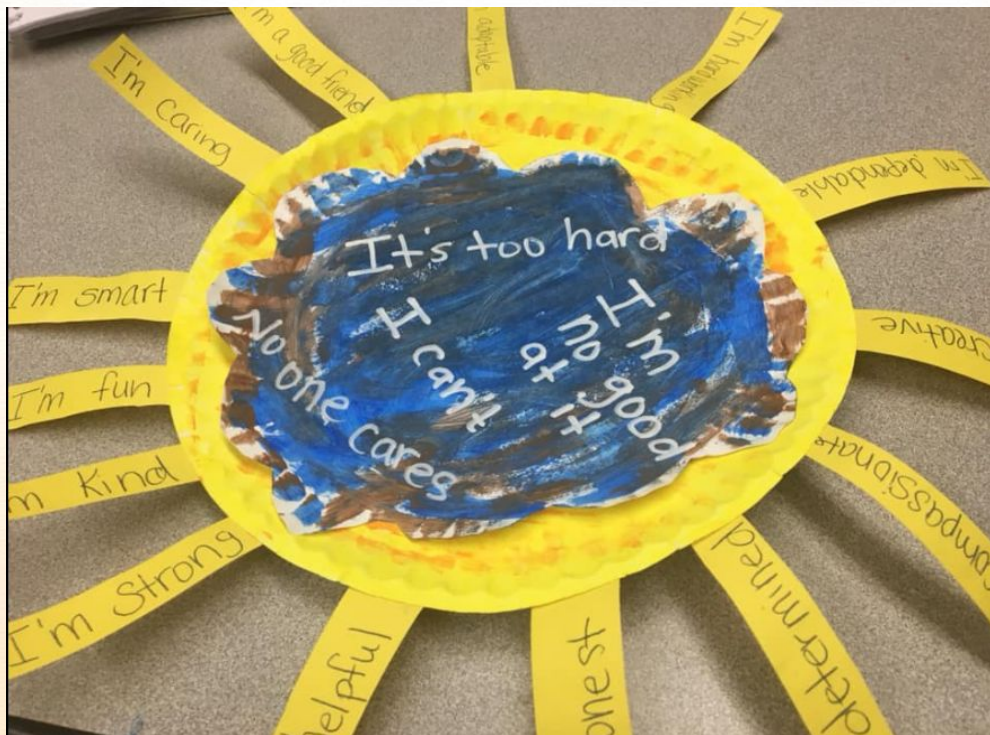


Dollhouse

- Gender neutral colors
- Dolls who are diverse ages/genders/races
- Don't forget the pets!
- Food in the kitchen and clothing options are popular requests



Negative Thought Cloud/Coping Sun



Emotion Faces

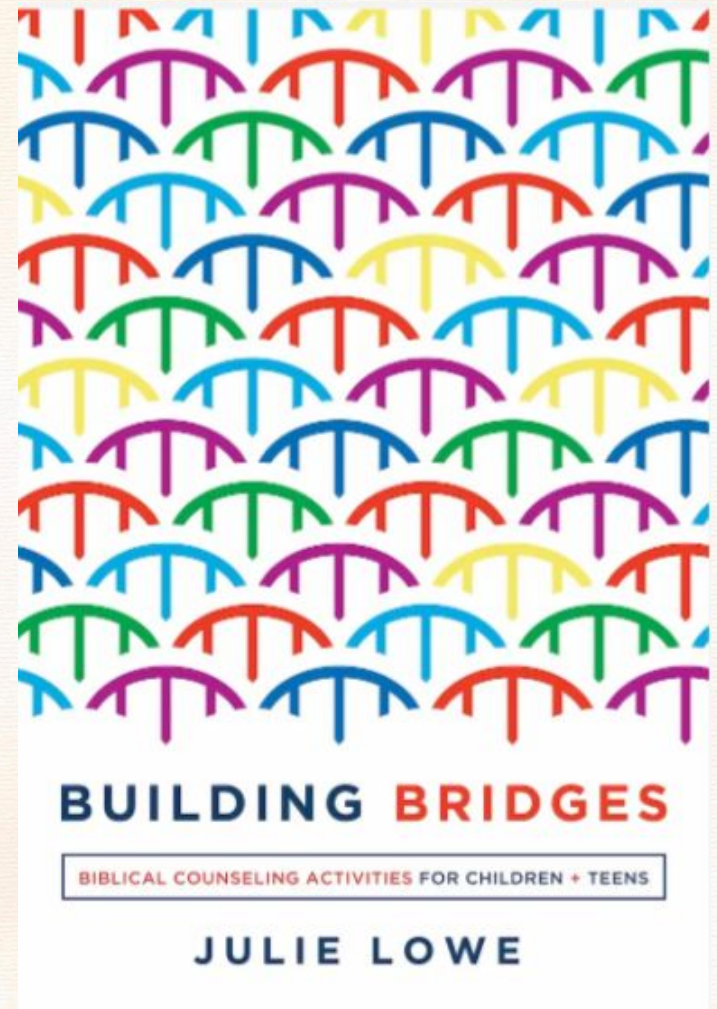


Favorite Fidgets:

→ hand2mind express your feelings



If you are a
Christian school
counselor this
book is a
worthwhile
investment!





Anxiety/Worry

Count Yourself Calm

Five
Simple
Steps



Written by
Eliza Huie

Illustrated by
Mike Henson

Taking BIG
Feelings to a
BIG God

Bringing Big Emotions to a Bigger God

GOD, I feel SCARED



written by
Michelle Nietert, LPC-S
Tama Fortner

illustrated by
Nomar Perez

JOYCE MEYER

#1 NEW YORK TIMES BESTSELLING AUTHOR

When
Worry
Whispers

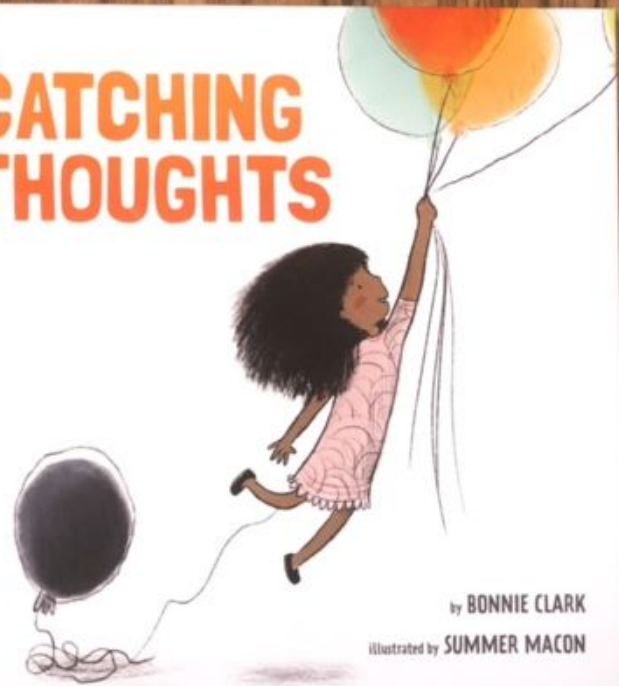
ILLUSTRATED BY Marcin Piwowski



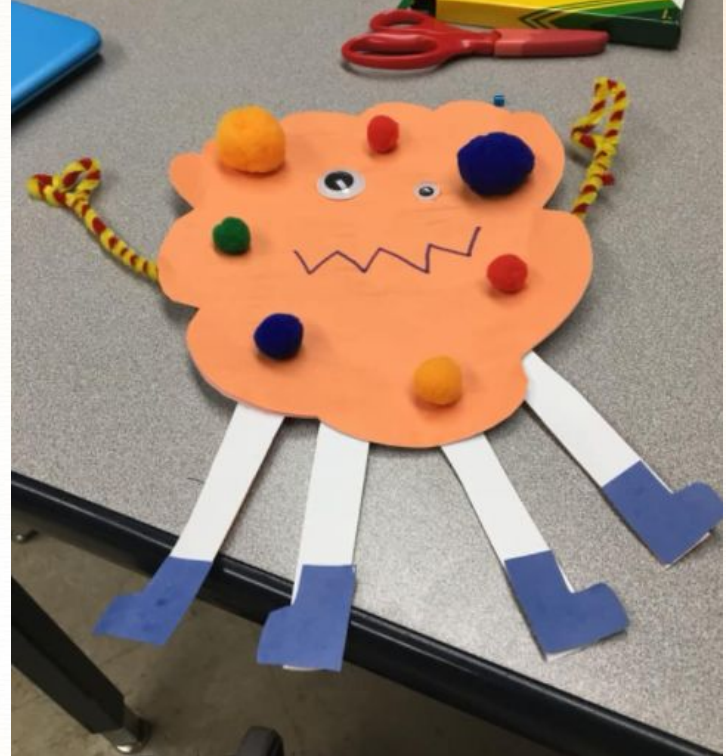
CATCHING
THOUGHTS

by BONNIE CLARK

Illustrated by SUMMER MACON



Negative Thought Monster



Attack my worries!



What's on your mind?



Worry Shredder



Worry Containment

- write down worries
- way to “contain” them until designated “worry time”



Boat and Refuge



- draw a boat in a storm
- any type of boat - any surroundings
- explain what type of boat, where, who is on the boat, time of day, weather, anything else in the picture
- if God were to enter the situation, what would He look like?
- how would He come?
- consider Psalms - ways God is helping you in your storm

Protective Shield

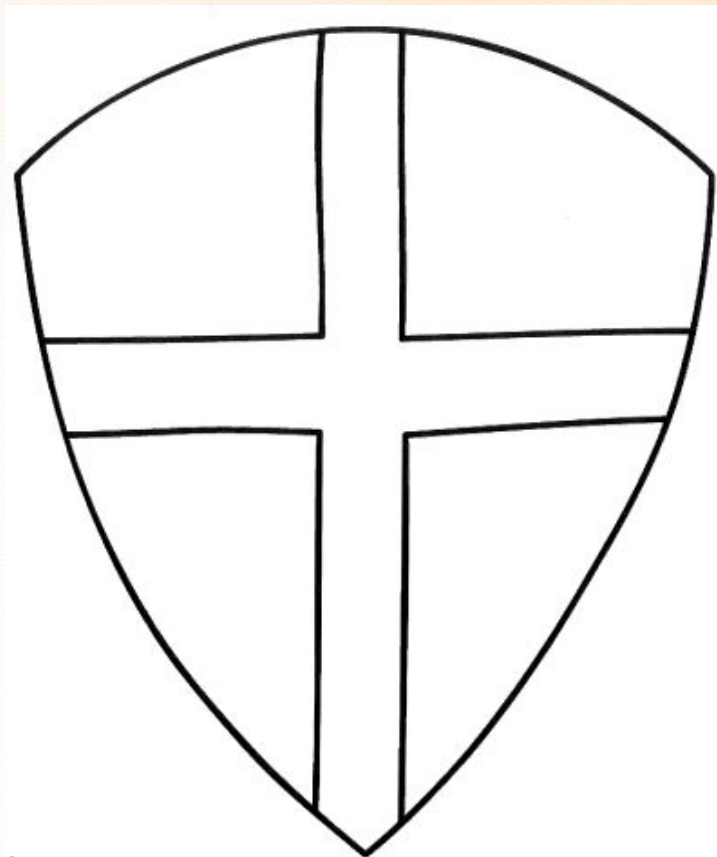
My problem says:

I can't figure it out.
It will be turn out bad.
I'm not able.
It's impossible.
I can't do it.
I can't keep trying.
I can't handle it.
I'm all alone.
I'm not smart.
I'm afraid.
I'm too weak.
No one cares.

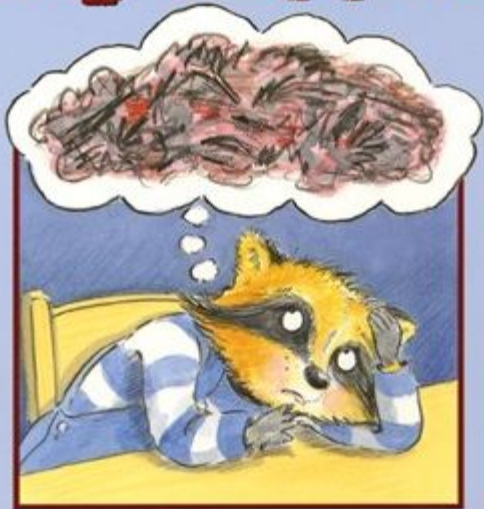
What can I do now?

God says:

I will show you the way to go (Psalm 32:8).
I will work everything for good (Romans 8:28).
I am able (2 Corinthians 9:8).
All things are possible (Luke 18:27).
You can do all things with my help (Philippians 4:13).
I will give you grace (2 Corinthians 12:9).
I will supply everything you need (Philippians 4:19).
I will never leave you (Hebrews 13:5).
I will give you wisdom (1 Corinthians 1:30).
I am your strength and defense (Isaiah 12:2).
In your weakness, I am strong (2 Corinthians 12:9).
I love you with a never-ending love (Jeremiah 31:3).



A Terrible Thing Happened



By Margaret M. Holmes Illustrated by Cary Pillo





ADHD/Body Control

Memory and Attention:



\$→Check out thrift stores



- Ball toss
- Swing
- Trampoline



Red Light, Green Light

- Body regulation
- Self-control
- Listening skills



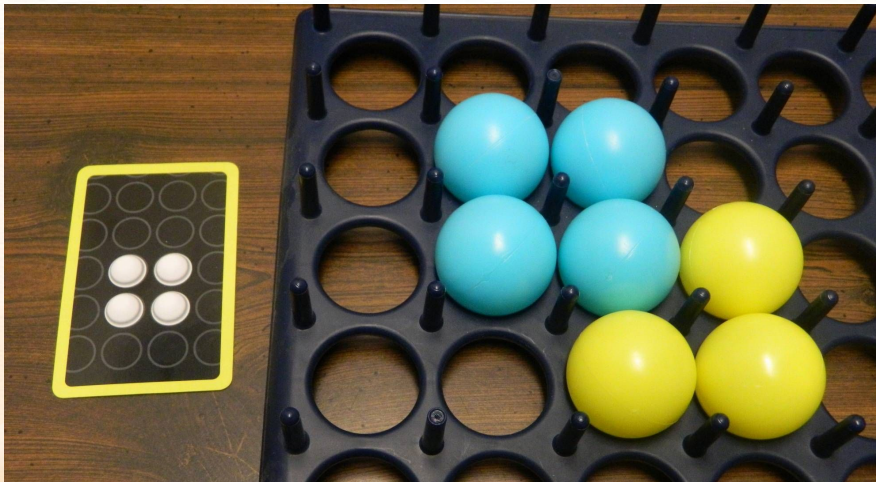
Nature Walk

- How many sounds?
- While walking take turns saying “I can hear a ____” and then pause until other can hear it too
- Counting birds, flowers, etc.
- Encourages attention/awareness
- Mindfulness/present



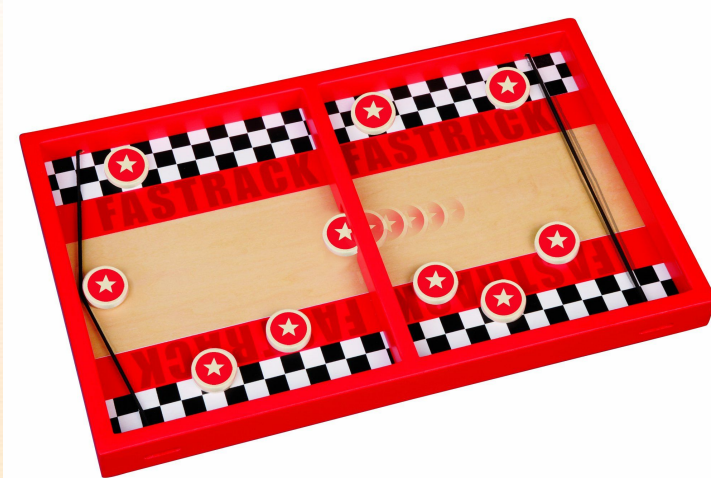
Bounce Off

- Frustration tolerance
- Body control
- Self-regulation
- Trust
- Connection



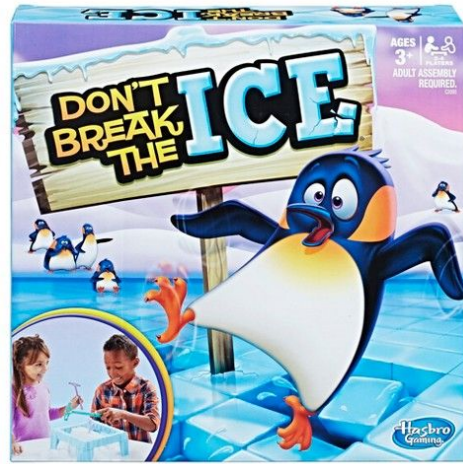
Fastrack

- Frustration tolerance
- Body control
- Self-regulation
- Connection
- Stress management



Don't Break the Ice

- Frustration tolerance
- Body control
- Self-regulation
- Connection
- Stress management



Suspend

- Body regulation
- Self-control
- Teamwork



Thinking through choices

- Impulsivity
- Self-control
- Expectations





Divorce

Two Homes

→ Divorce processing



HOUSE 1	HOUSE 2
<p>DRAW OR WRITE THE PEOPLE WHO LIVE IN THIS HOUSE:</p>	<p>DRAW OR WRITE THE PEOPLE WHO LIVE IN THIS HOUSE:</p>
<p>THE RULES HERE ARE:</p>	<p>THE RULES HERE ARE:</p>
<p>THIS IS _____'S HOUSE.</p>	<p>THIS IS _____'S HOUSE.</p>

Before and After Drawings

- Intervention can be used to process a variety of different experiences
- Divorce, moving, pandemic, new school, medical diagnosis, etc.

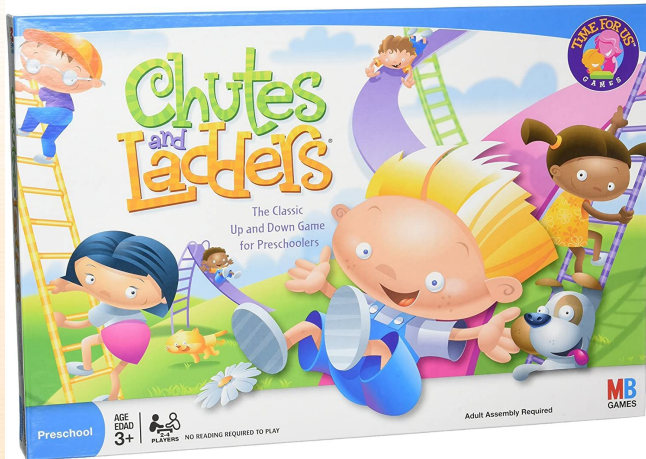


The background is an abstract watercolor wash in warm tones of yellow, orange, and pink. It features soft, blended areas of color and numerous small, dark brown and orange speckles or splatters scattered throughout, giving it a textured, artistic feel.

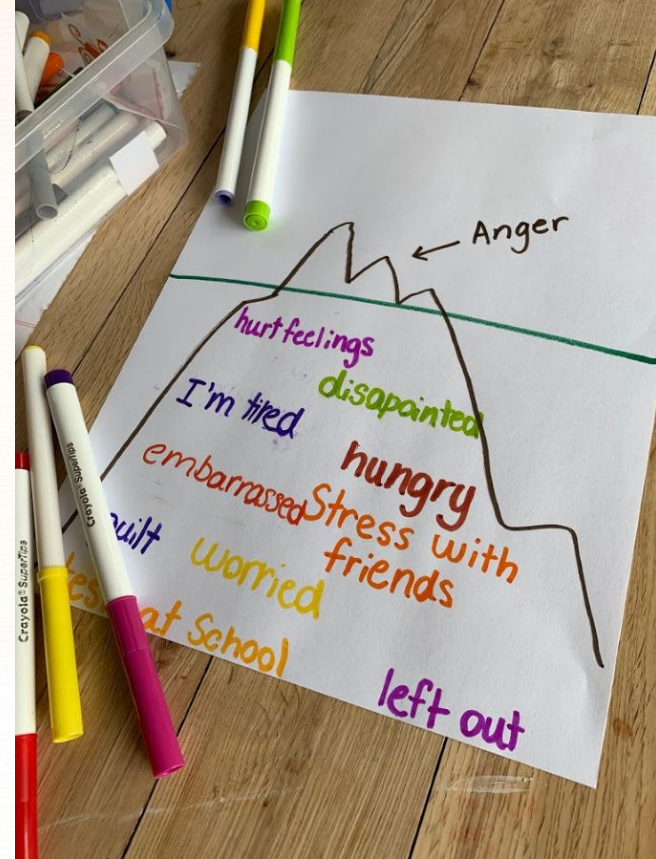
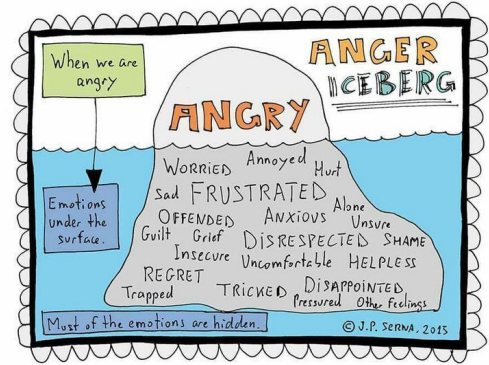
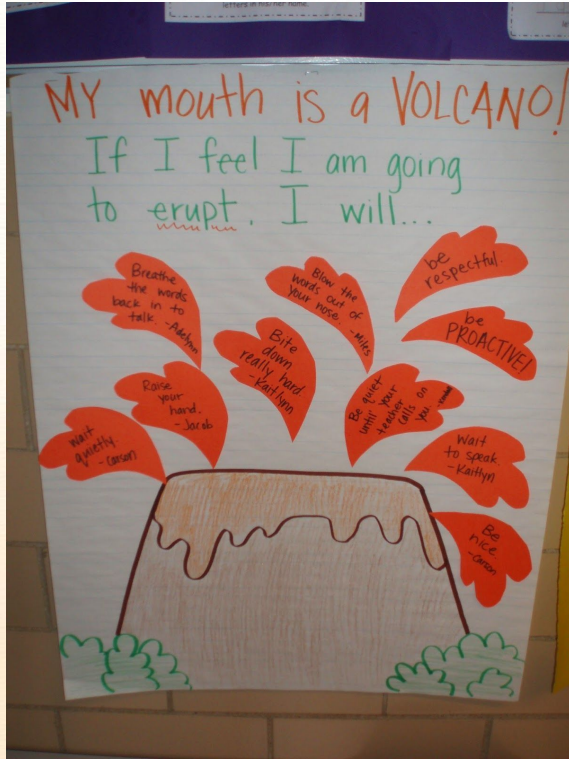
Anger

Chutes and Ladders

- Frustration tolerance
- Rule following
- Up ladder = coping skills, positive memories, etc.
- Down chute = difficult times, frustrations, etc.

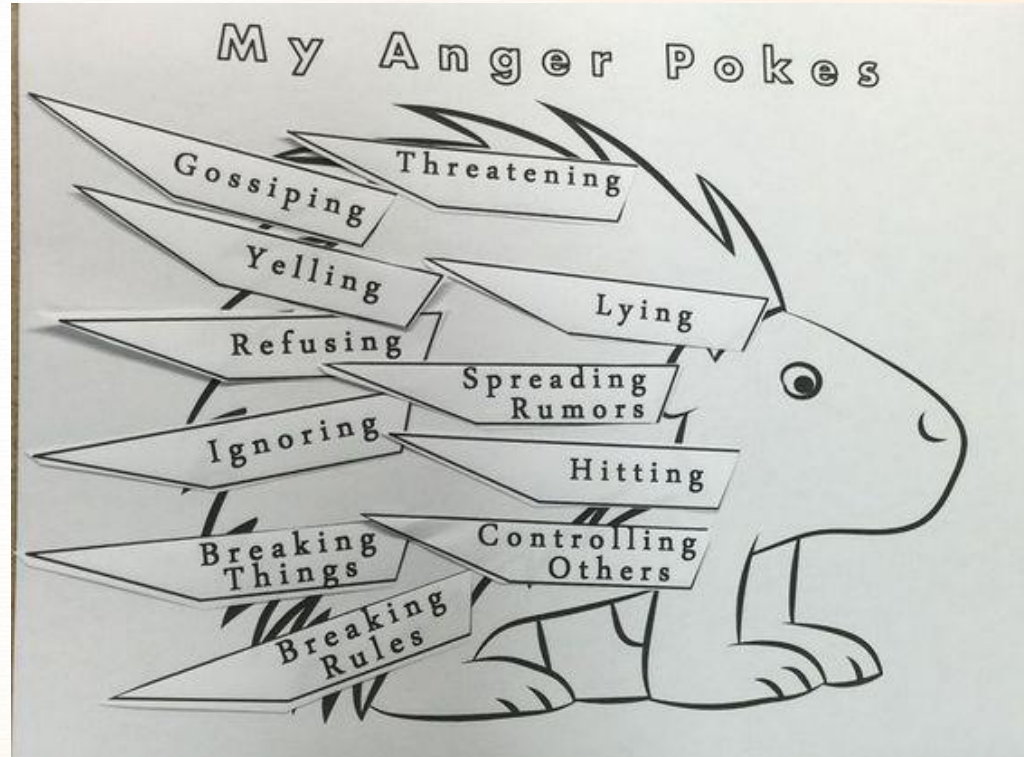


Anger Iceberg/ Volcano



Anger Pokes

- Reflecting on triggers
- Reflecting on past behavior
- Cause and effect
- Empathy



You are in control!

- Coping skills
- Anger management
- Stress management



In Conclusion

"Play is our
brain's favourite
way of learning."

=Diane Ackerman=

STICKSANDSTONESEDUCATION.COM.AU

TIME

spent playing with
CHILDREN
is never time
wasted



Resources

- Creative Interventions with Traumatized Children - Cathy A. Malchiodi
- Art, Play, and Narrative Therapy - Using Metaphor to Enrich Your Clinical Practice - Lisa B. Moschini
- School-Based Play Therapy - Athena A. Drewes and Charles E. Schaefer
- TraumaPlay Institute - A Soothing Dozen
- School-Based Play Therapy - Heidi Gerard Kaduson
- 101 More Favorite Play Therapy Techniques - Heidi Gerard Kaduson and Charles A. Schaefer
- Integrating Expressive Arts and Play Therapy with Children and Adolescents - Eric J. Green and Athena A. Drewes
- Essential Art Therapy Exercises - Leah Guzman
- Art, Play, and Narrative Therapy - Using Metaphor to Enrich Your Clinical Practice - Lisa B. Moschini