

**AGE:**

5–12

**PLAYERS:**

2–8

**TIME:**

10–20 min



Free/DIY

COPING SKILLS CHARADES



OBJECTIVE

Practice and recognize healthy coping coping skills by acting them out.

2 HOW TO PLAY

1

PREPARE

Write coping skills on paper slips.

2

ACT IT OUT

One child acts out a skill silently.

3

GUESS & TALK

Others guess. Ask a follow-up question.



Deep Breaths



Stretching



Drawing



Positive Self-Talk

