



Thank you! *

Thank you for downloading this resource! I love creating tools that invite young people to voice & Shape their authentic, Strong, vulnerable & brave Selves and that hopefully make your job easier (and more fun), too! Please contact me with any questions, requests, or feedback at: wholeheartedschoolcounseling@gmail.com

SCHOOL COUNSELING

Joy to you!

Ways to Use This Game...

This Coping Tools Card Game is perfect for rapport-building and starting meaningful conversations. It is also a nonthreatening counseling assessment tool, focusing on the assets, skills, & protective factors. The prompts invite players to reflect on their already-existing strengths to deal with challenges in their lives and encourages young people to develop additional healthy, mindful coping skills. Many of the prompts guide players to experiment with grounding & breathing exercises, with the hope that participants will reduce any levels of stress they might be experiencing through the act of playing a game (which in and of itself is a coping tool), through forging social connections (which in and of itself is a coping tool) and through the practicing of mindfulness (which is and of itself is another coping tool, too!).

Playing this game is a great relationship-builder; helping new students in a class, members of a small group, and friends & family members to get to know each other better, all the while practicing mindful experiential activities that can be used in real-life situations. We know that play is the language of children, so what better way to help young people reinforce their coping skills than through a game?! The Coping Tools Card Game provides lots of fun for not only counseling groups, individual and family therapy sessions and classrooms, but also family-game night

You May Also Enjoy...







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- 1. Print out The Card Game Playing Cards and Pass tickets in either color or black & white. If you prefer the Game Playing Cards cards to have The Card Game logo on the backside, print double-sided. If you don't want the name printed on the backside of the cards, print even pages only.
- 2. For durability, print on card stock and/or laminate. Card stock prevents cards from being see-through.
- 3. Cut out Game Playing Cards & Pass Tickets.
- 4. Get ready to have fun!

HOW TO PLAY

- 1. Shuffle Game Playing Cards and deal 6 cards to each player.
- 2. Distribute 2 Pass tickets to each player.
- 3. Place remaining deck in the center, face down. Flip top card over to begin the "discard" pile. (Make sure this 1st card in discard pile is not an Action Card.)
- 4. The youngest player goes first (or player to the left of the dealer).
- 5. Player tries to "match" the top card in the discard pile, by either laying down the same number. color (or shape, if using the black & white set), or type of action card (GO AGAIN, TAKE 3, or ROTATE LEFT/RIGHT***). A "FREE" or "FREE +SPY" may also be played, and does not have to match the top card in the discard pile.
 - ***Please note, ROTATE LEFT and ROTATE RIGHT are considered matches, so may be discarded on top of one another.
- 6. If the player has a card they can play, they place the playable card on the top of the discard pile. If the card contains a question or prompt, that player shares their response. The player may choose to decline responding to the question or prompt by using one of their Pass tickets. discarding the ticket in a separate used-up Pass Ticket pile, up to two times per game.
- 7. If the player does not have a card they can play, they may draw up to 2 cards from the draw pile. If one of the new cards is playable, they may discard it and respond to prompt (or use their Pass ticket) or proceed with the action if using an action card. If not, it is the next person's turn.
- 8. The first player to get rid of all their cards wins the game.

USING ACTION CARDS



THE NEXT PERSON IN LINE MUST TAKE 3 CARDS BEFORE TAKING THEIR TURN.



PLAYER GETS TO "GO AGAIN," GAINING AN ADDITIONAL TURN.



ALL PLAYERS PASS ON, OR "ROTATE," THEIR CARDS TO EITHER THEIR LEFT OR RIGHT, SO THAT EVERYONE EXCHANGES HANDS WITH EACH OTHER.



PLAYER WHO DISCARDS A FREE CARD IS "FREE" TO CHOOSE A NEW COLOR (OR SHAPE) FOR THE DISCARD PILE AND THEN DISCARD AN ADDITIONAL CARD BASED ON THE COLOR (OR SHAPE) THEY CHANGED IT TO.



PLAYER WHO DISCARDS A FREE + SPY CARD CAN SPY ON ONE PLAYER BY PEEKING AT THEIR CARDS AND THEN IS "FREE" TO CHOOSE A NEW COLOR (OR SHAPE) FOR THE DISCARD PILE AND THEN DISCARD AN ADDITIONAL CARD BASED ON THE COLOR (OR SHAPE) THEY CHANGED IT TO.





Rapport and Relationship Building:

Since we know that play is the language of children, what better way to build rapport and connection than through fun interaction? Games provide a medium to engage and communicate in a non-threatening way. When adults play with children (and adolescents) we send the message "I am here, present with you, meeting you where you are at AND I also really enjoy your company!" Fun interaction can also foster trust, which is key to any therapeutic (or caring) relationship. Plus, when used in a group, The Card Game helps forge connection through positive interaction between peers.

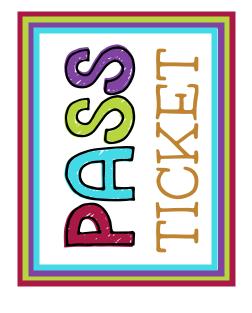
Assessment:

When children (adolescents and adults, tool) experience something as fun, it takes some of the pressure off, increasing the likelihood of openness, honesty and disclosure. The Card Game's questions and prompts encourage players to express their unique voices and perceptions, with a primary focus on strengths, social supports, coping skills and other protective factors. Plus, the actual act of playing The Card Game provides insight into their social skills, decision-making process, frustration tolerance, level of respect for rules & boundaries, and problem-solving abilities. For example, how well do they: take turns, make eye-contact, follow and/or understand the rules, hold a conversation, handle losing -or- winning), think outside of the box, think ahead, encourage other players, express empathy, show adaptability, verbalize their feelings, express confidence, ask for help, ask questions, relate to others, express their creativity and vulnerability, etc.?

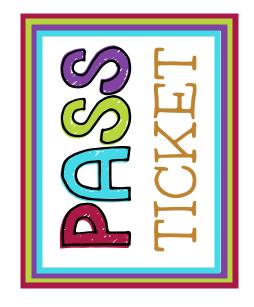
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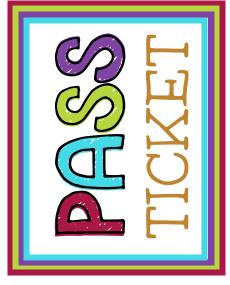
The open-ended nature of the questions and prompts invite players to express their ideas, feelings and ways of knowing themselves & the world. The Card Game empowers children (adolescents & adults) to not only choose how they are going to respond but also empowers them to decide whether or not they are going to respond, with the use of the Pass tickets. If a player feels too uncomfortable or vulnerable, they have agency to decline responding. The Pass tickets provide an opportunity to help players consider what their boundaries are and to also build their boundaries at the same time, too.

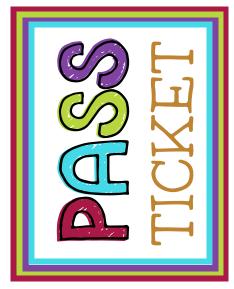












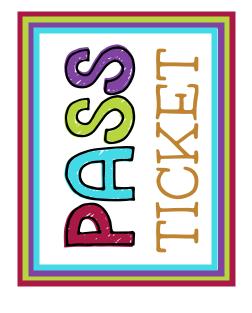




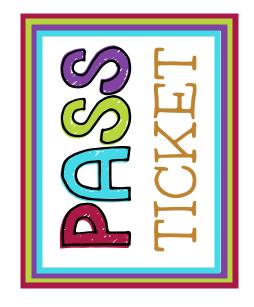


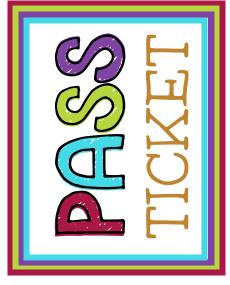


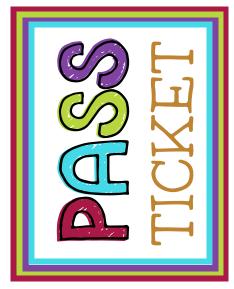












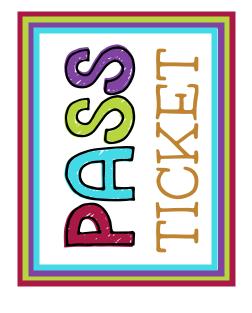




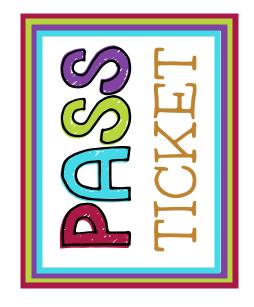


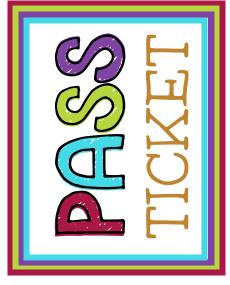


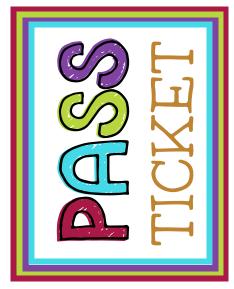






















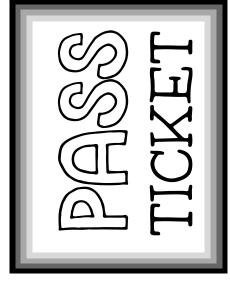
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PASS TICKET PASS TICKET

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LICKET SSC JUNET

PASS TICKET





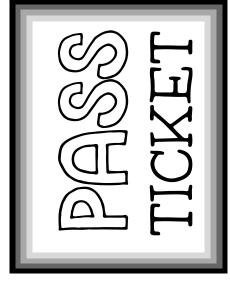
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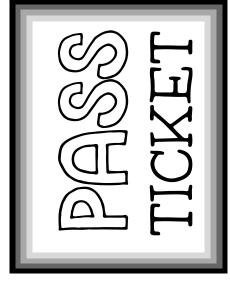
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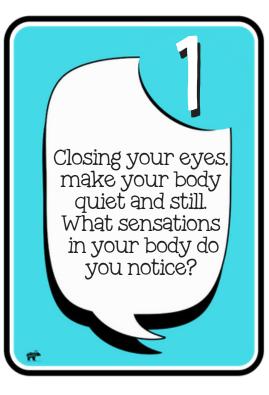
PASS TICKET PASS TICKET

LICKET SSC JUNET

PASS TICKET







Closing your eyes, slowly exhale, imagining any negative thoughts or uncomfortable feelings leave your body.

Focus all your attention to the bottom of your feet, noticing how it feels to be supported by the earth & ground below.



Stand up & stretch your arms up towards the sky. Taking a few deep breaths, notice how you feel.

Imagine you are a bird soaring through the sky, flying over beautiful landscape, what do you see beneath you?





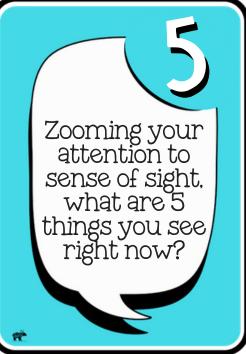


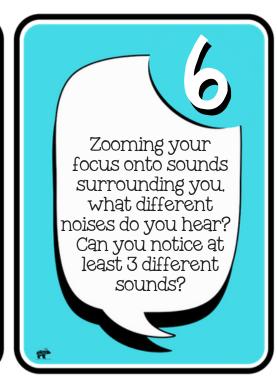


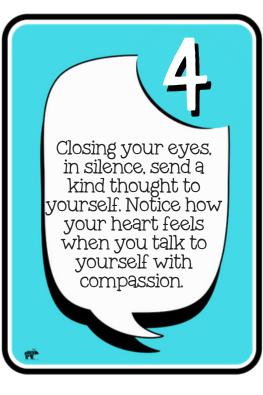


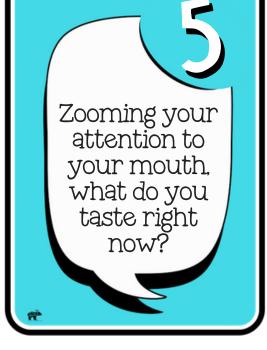


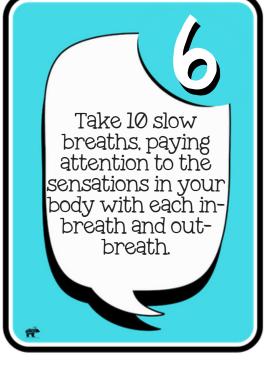














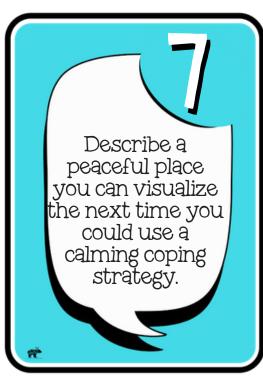


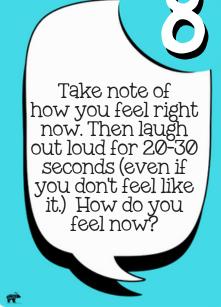




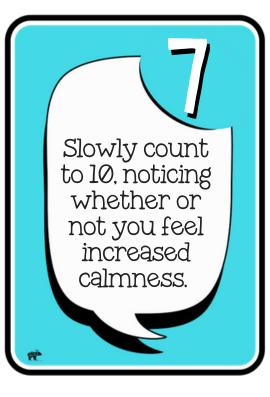


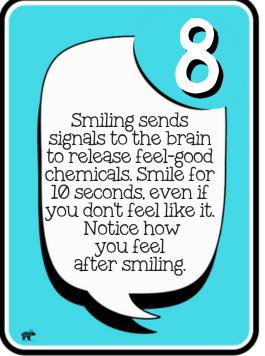
















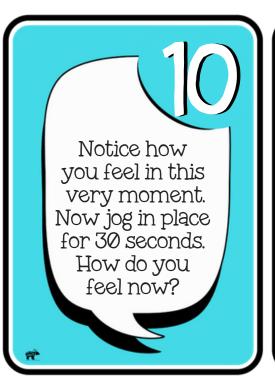


























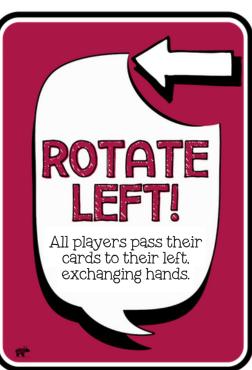






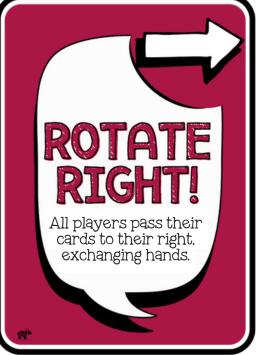




















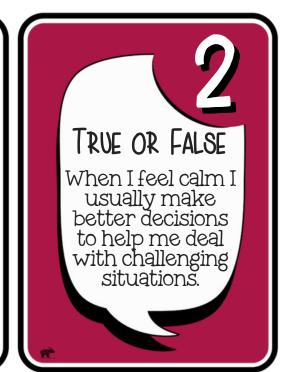




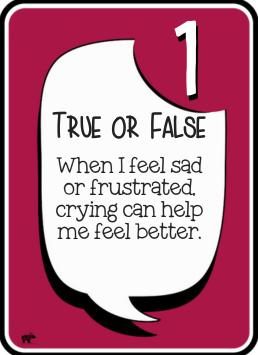
















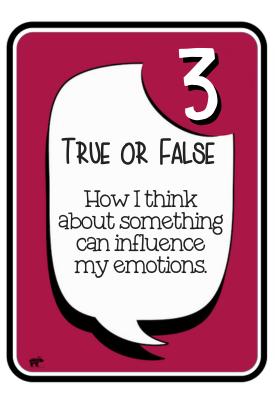


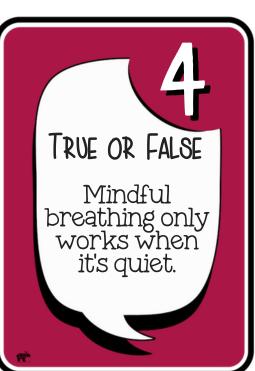


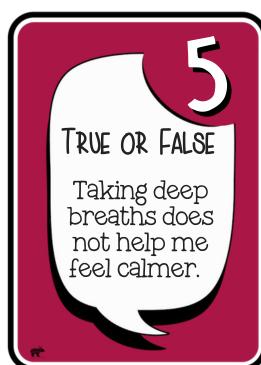




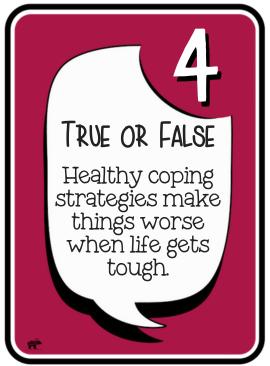
















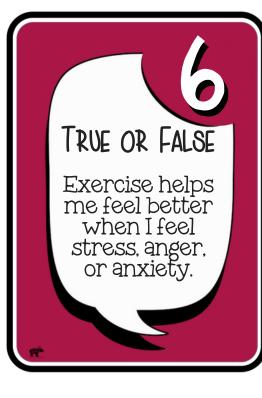


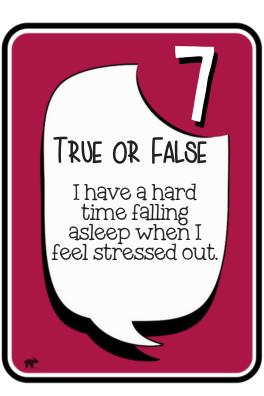


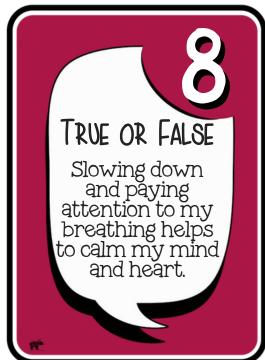


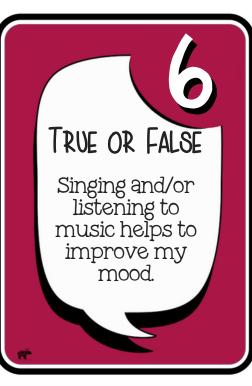




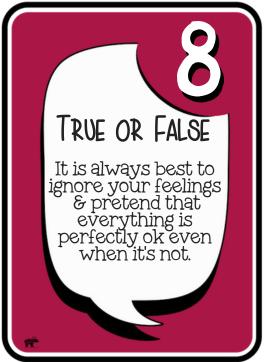














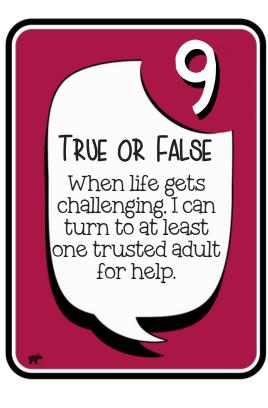


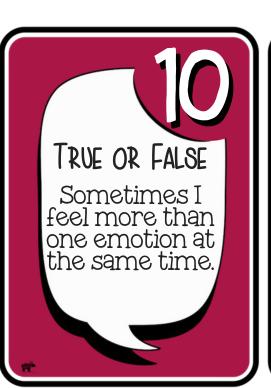






































"Something that calms and relaxes me is ..."







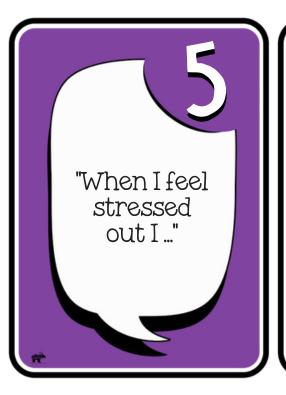






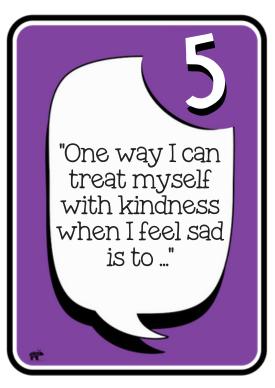


















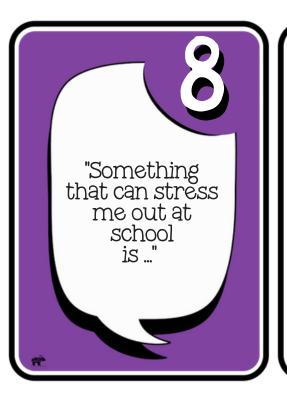








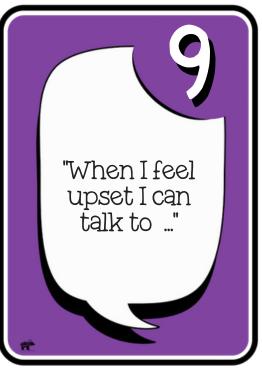
























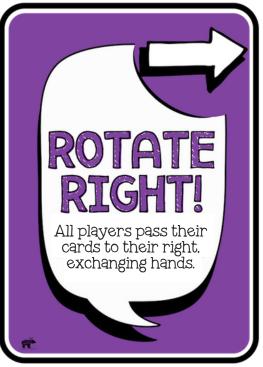


















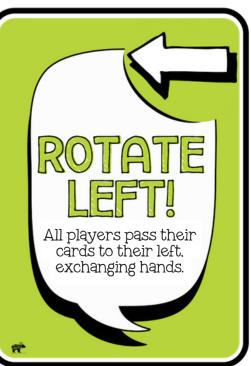






















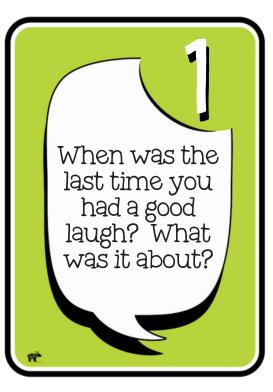






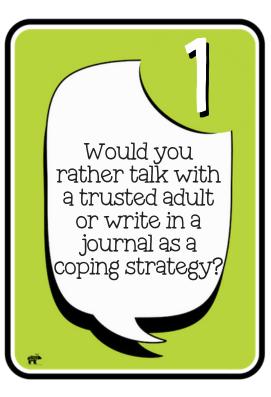






Describe how your body lets you know when you are feeling stress. Where & how do you feel the stress?

If you were feeling stressed out, would you rather read a book or exercise to help you feel better?



Would you rather listen to music or imagine a calm and happy place to help you better manage stress?

Would you rather go outside and connect with nature or watch a funny movie if you needed a coping strategy to feel better?















If you needed to use a coping skill, would you rather do yoga or list 5 things your are grateful for?



Name at least one person you could turn to if you were really worried or scared about something.

Getting 8-10 hours of sleep each night helps us to feel well- rested and better able to take on challenges. How many hours do you sleep each night?

If you were
feeling
frustrated,
would you
rather rip paper
apart or take
slow, mindful
breaths?



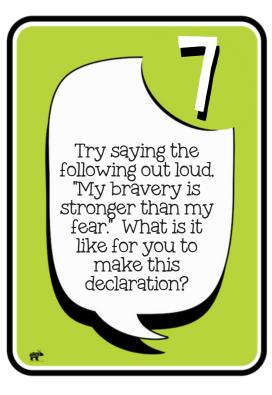


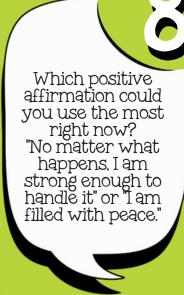


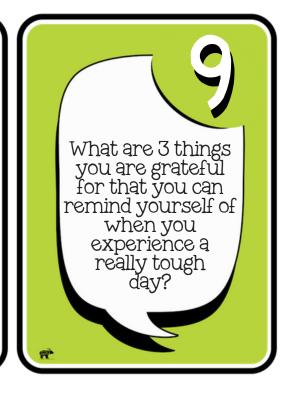




















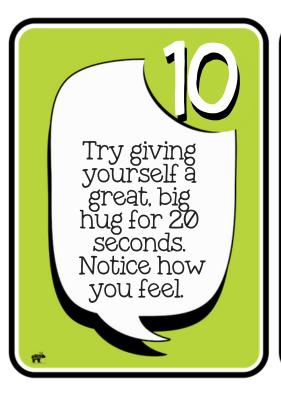
























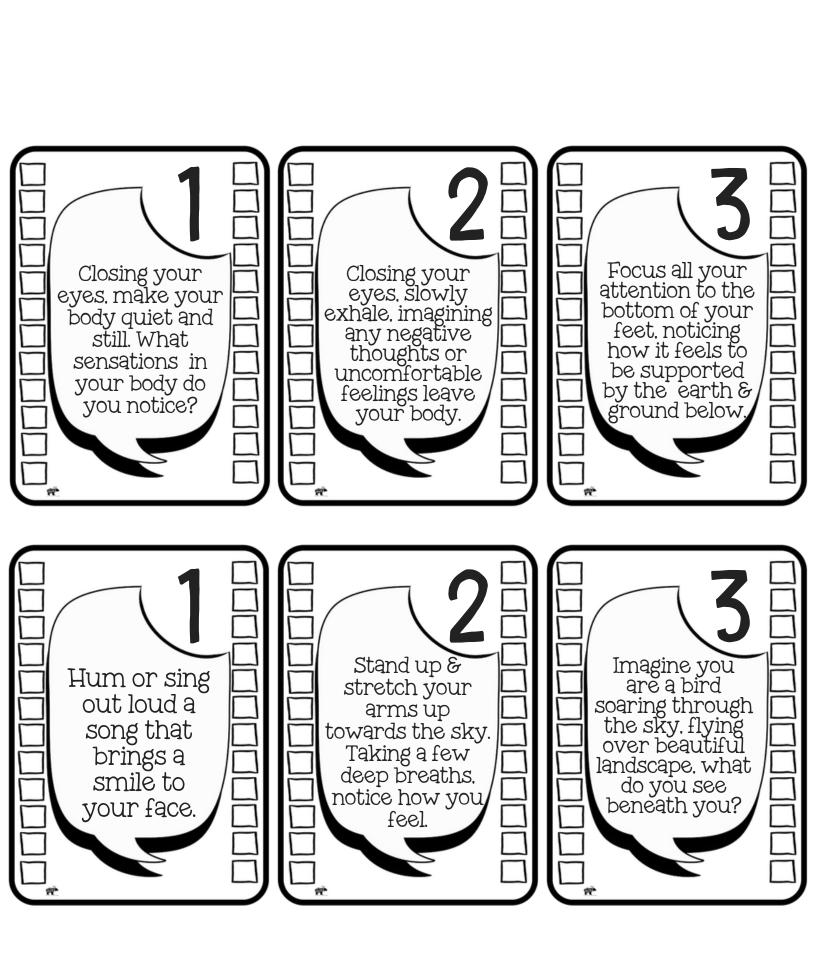














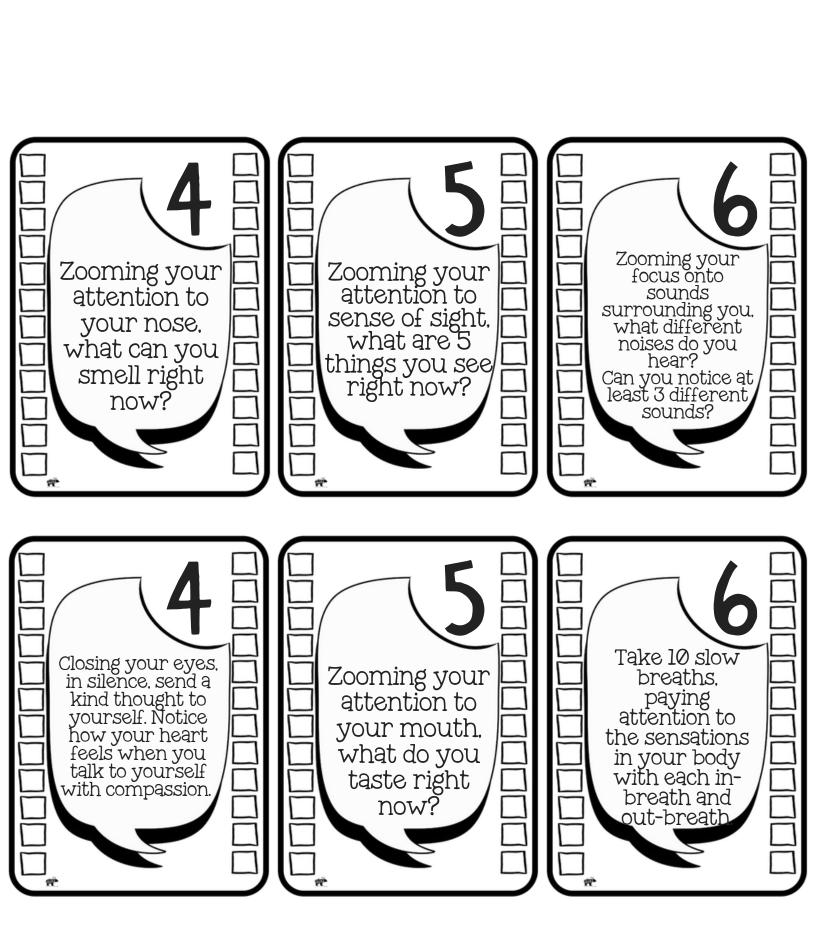














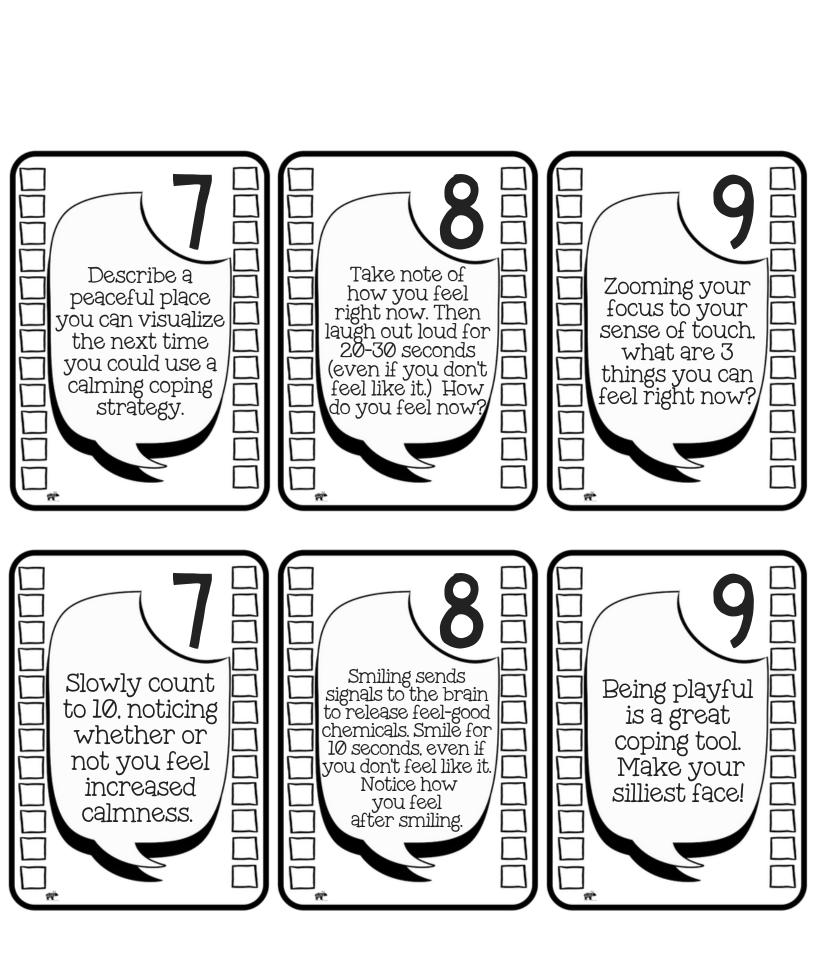














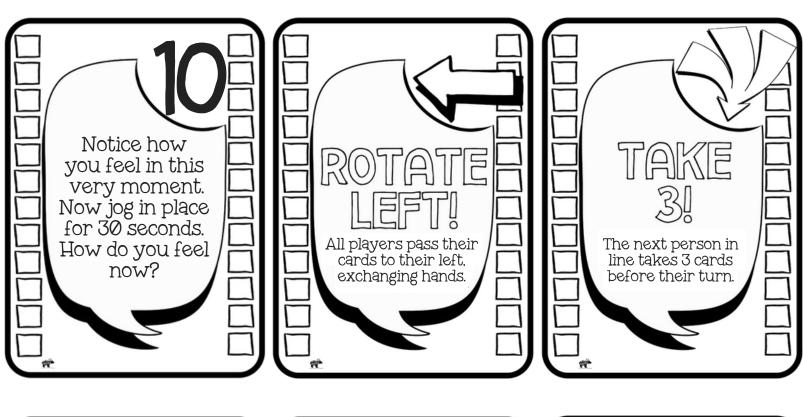


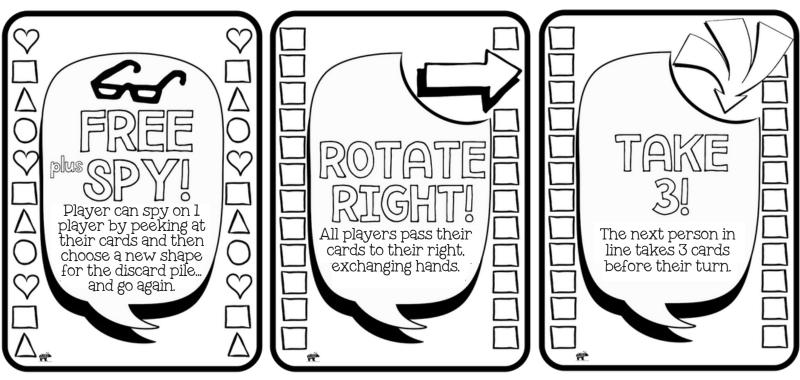
















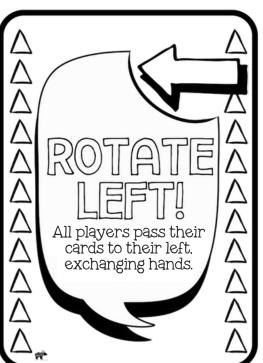


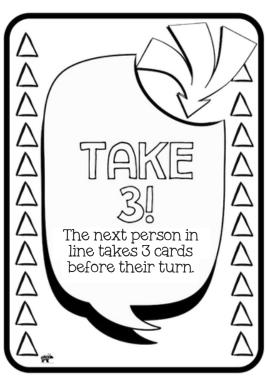






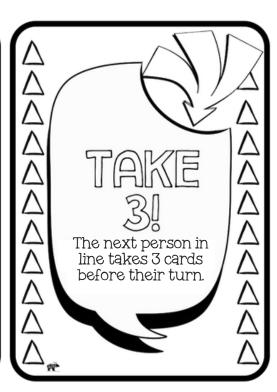




















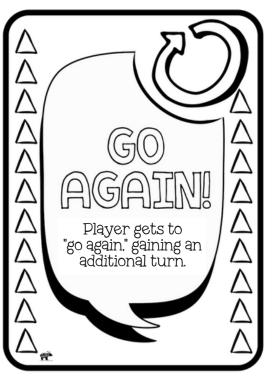


















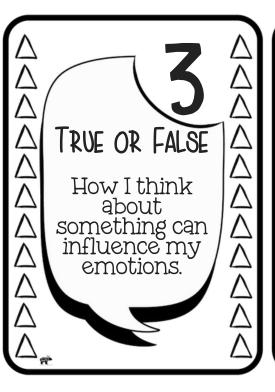


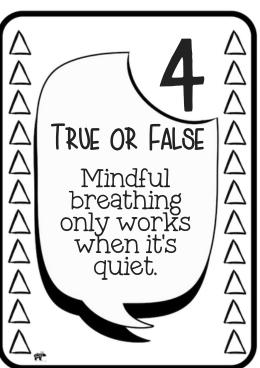


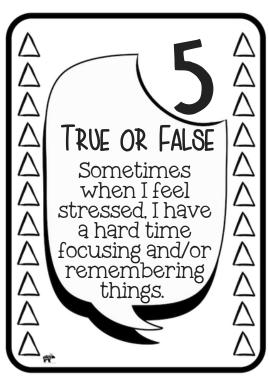




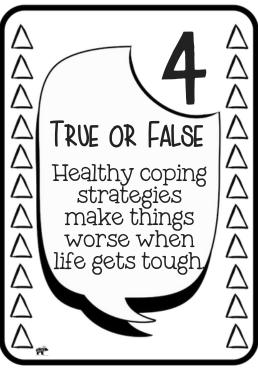


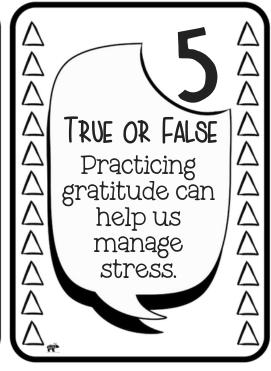














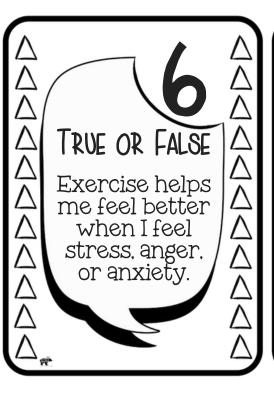


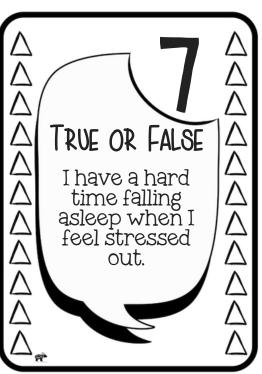


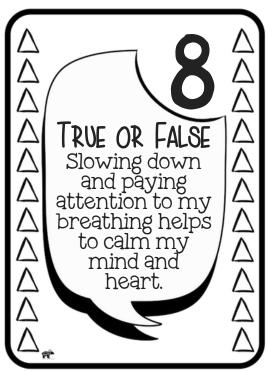




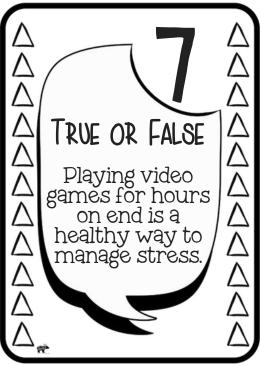


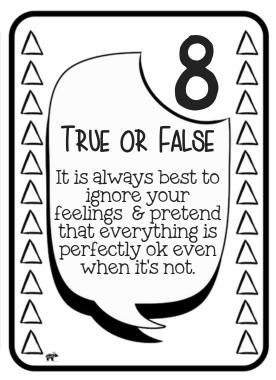














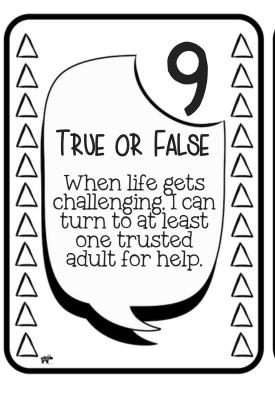


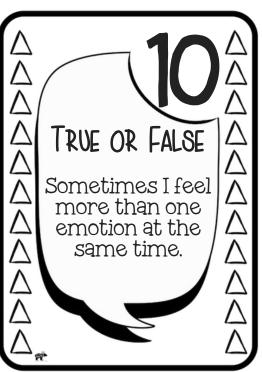




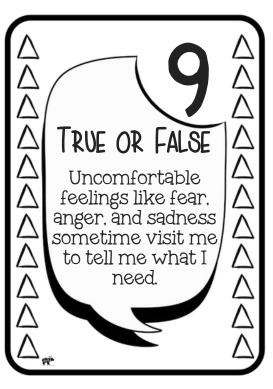


































































































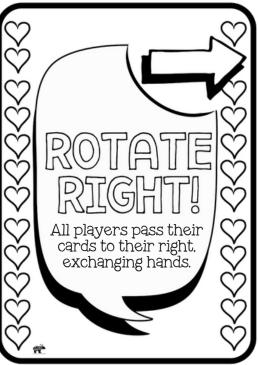


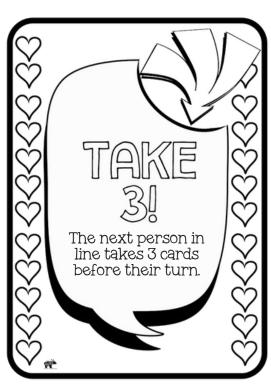
















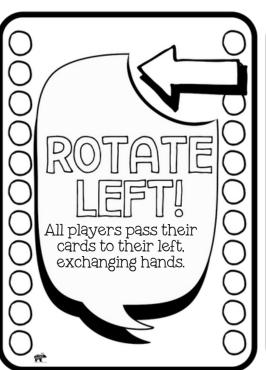


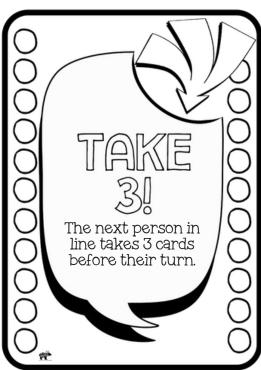




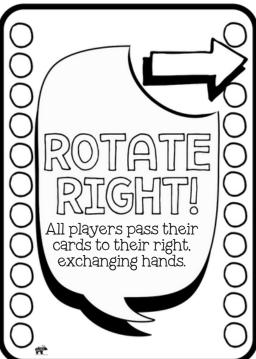


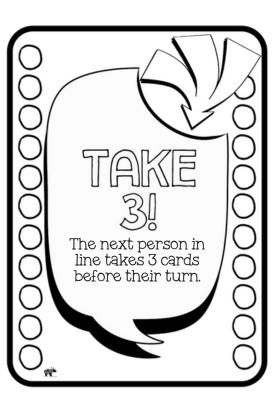
















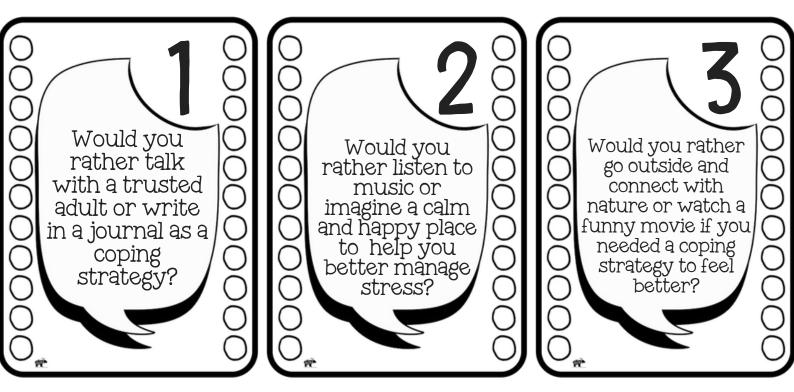














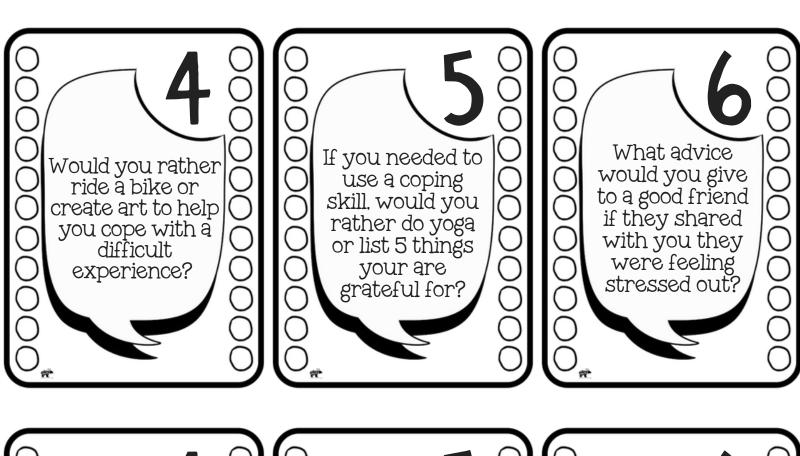
















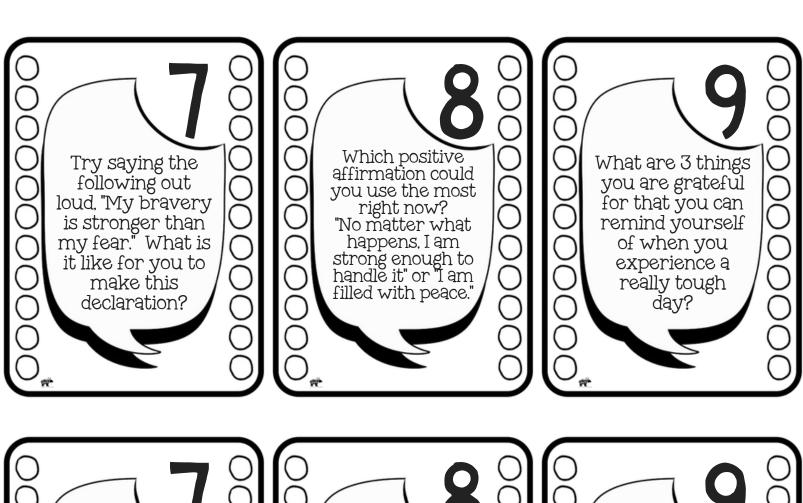


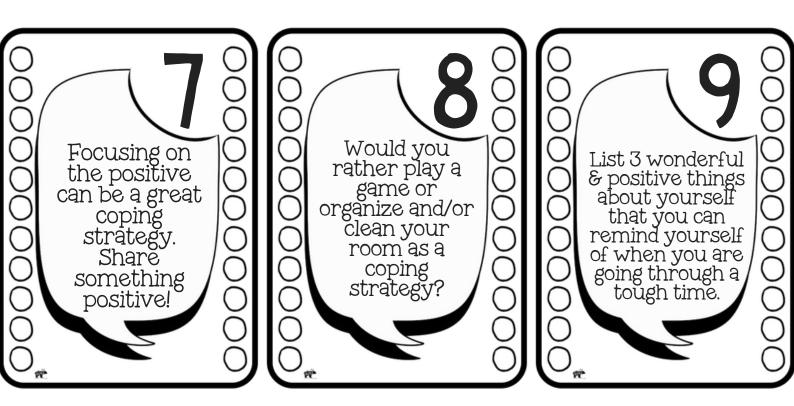














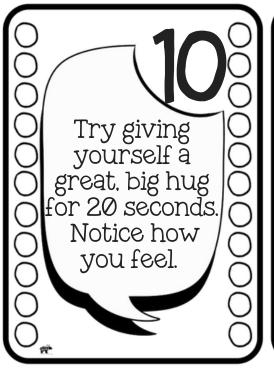


































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