

Telehealth Resources from Faculty and Other NC CTP Clinicians:

Kahoot Kahoot.com-make quizzes and games

Make your own game like 2 truths and a lie

Quizlet app-quizzes

www.telehealthfortrauma/resources.com

www.wheeldecide.com

FBA Wheel

<https://wheeldecide.com/index.php?c1=What+happens%3F&c2=For+how+long%3F&c3=What+are+the+feelings%3F&c4=How+does+your+body+feel%3F&c5=What+are+your+thoughts%3F+&c6=What+is+happening+around+you%3F&c7=What+gives+you+the+most+trouble+with+this%3F&c8=Who+else+is+around%3F&c9=Do+you+want+to+change+this%3F&c10=Do+you+think+it+can+get+better%3F&c11=Do+you+think+you+can+change+it%3F&c12=Why+do+you+think+it+happens%3F&c13=What+happens+after%3F&c14=What+are+your+worries+about+this%3F&c15=What+do+you+need+from+others+around+you%3F&c16=What+keeps+it+going%3F&t=Symptom+Detective+Wheel+&time=5>

www.bingobaker.com

www.jeopardylabs.com

Unofreak.com

skribbl.io (online Pictionary)

<https://toytheater.com/four-colors/>

I utilized this for different components (It's online jeopardy and you can create your own board. I utilize this a lot for the enhancing safety component and PRAC review):

<https://www.playfactile.com/>

Online photo collaging:

www.canva.com

Feelings memory game:

https://matchthememory.com/feel?card_count=5

Worry Bugs interactive activity (I like this for relaxation and coping skills identification):
<https://www.therapistaid.com/interactive-therapy-tool/worry-bugs>

Webinar video of emotion coaching for teens and tweens

<https://vimeo.com/434187838/740583dfc2>

5 games to play on videochat

<https://www.nytimes.com/2020/04/23/smarter-living/coronavirus-zoom-video-chat-games.html>

Feelings

www.sesamestreetincommunities.org/topics/emotions

Video for teens for explaining anxiety and amygdala responses

<https://youtu.be/rpolpKTWrp4>

Videos explaining mindfulness, more appropriate for older kids and teens

Happify

What is Mindfulness

<https://youtu.be/w6T02g5hnT4>

Dan Harris

Happify

Mindfulness benefits

The 2 wolves

<https://youtu.be/vzKryaN44ss>

<https://www.facebook.com/groups/2377497079019547>

Tele-PLAY Therapy Resources and Support

Tele-PLAY Therapy Resources and Support has 31,201 members. Mission: To connect mental health providers using play-based interventions in a supportive community for the purpose of exploring...

www.facebook.com

<https://www.guidancett.com/blog/interventions-for-online-therapy-with-children-and-youth-2020?fbclid=IwAR3rFODFkCjNvhhVLpIzaiSgx-4cVCwYCpMSnJzdg2E8AFHNRtkWvxDnmHk>