

Telehealth Ideas by Component:

PSYCHOEDUCATION:

- Jeopardy: <https://www.Jeopardylabs.com>
- Fact or Fiction/Proof or Phony
- Using a game (ie: Uno) and asking questions when they get a certain card
 - <https://play.unofreak.com>
 - wheeldecide.com
 - Drawing Guessing Game <https://skribbl.io>
 - Matching Game <https://pairs.one/en>
 - Connect 4 <http://connect-4.org>
- <https://www.bethrichcounseling.com/trauma-reaction-cards-online>

AFFECTIVE EXPRESSION/REGULATION

- Read a book about feelings together
- Sesame Street activities - <https://sesamestreetincommunities.org/topics/emotions/>
- <https://wheeldecide.com/wheels/games/emotion/>
- <https://bingobaker.com/view/52421>
- <https://telehealthfortrauma.com/resources/>
- For teens:
 - <https://www.youtube.com/watch?v=001u50Ec5eY>
- For school age kids:
 - <https://www.youtube.com/watch?v=nTII0cyUbQo>
- <http://www.do2learn.com/organizationtools/EmotionsColorWheel/index.htm>
- <http://www.do2learn.com/games/feelingsgame/>
- <http://www.psychpage.com/learning/library/assess/feelings.html>

Feelings Books

- “My Many Colored Days” (Dr. Seuss) <https://www.youtube.com/watch?v=Lum83DLPXlw>
- “The Way I Feel (Janan Cain) <https://www.youtube.com/watch?v=ITPUxVQ6UIk>
- “All My Feelings at Preschool: Nathan’s Day” (Susan Conlin and Susan Levine Friedman)
- “I Feel Silly” (Jamie Lee Curtis and Laura Cornell)
 - <https://www.youtube.com/watch?v=JofkgL7CY5A>
 - <https://www.youtube.com/watch?v=NHBnHywvynM> (singing version)
- “When Sophie Gets Angry” (Molly Bang) <https://www.youtube.com/watch?v=dNfd8WFD8AY>
- My Blue is Happy (Jessica Young) <https://www.youtube.com/watch?v=RiFbBjs4VM>
- The Color Monster (Anna Llenas) <https://www.youtube.com/watch?v=Ih0iu80u04Y>
- “When I Feel Afraid” (Cheri Meiners)
- “Double Dip Feelings” (Barbara Cain)

COGNITIVE COPING

- <https://www.youtube.com/watch?v=pWp6kkz-pnQ>

- <https://www.youtube.com/watch?v=m2zRA5zCA6M&feature=youtu.be>
- <https://youtu.be/y2zrs7lrzuw> – Snow White Lost in the Forest
- <https://youtu.be/0Hkn-LSh7es> - Dory, Just Keep Swimming

