

5 THINGS TO DO WITH JENGA



Cover your Jenga blocks in 3 different colored dots or 3 different types of stickers that might appeal to lots of kids and can be used in universal games.

1. Feelings Jenga

- For each color or sticker designate an activity
- For example: When a player draws a pink dot, they have to say a feeling they had that day or week, tell why they had the feeling, and measure the intensity of the feeling.
- When a player draws a green dot, they have to name a feeling that they had trouble with that day or week and explain why.
- When a player draws a yellow dot, they have to say one thing they do to help themselves with big feelings.



2. Engagement Activity Jenga

- For each color dot or sticker, designate an activity.
- When a player draws a pink dot they have to name a favorite activity.
- When a player draws a green dot, they have to say one thing they worry about.
- When a player draws a yellow dot, they have to say one thing they like about themselves or that they are good at.
- Other ideas- favorite movies, books, super heroes, sports, video games or tell a joke

3. Cognitive Triangle Jenga

- For each color dot or sticker, designate an activity.
- Pick a situation that the child had trouble with in the past week.
- When a player draws a pink dot- say a thought about that situation and if it was helpful or unhelpful.
- When a player draws a green dot- name a feeling about that situation.
- When a player draws a yellow dot- name an action taken or name a helpful thought or coping skill for the situation.

4. Coping Skills Jenga

- For each color dot or sticker, designate an activity.
- Demonstrate a coping/relaxation skill.
- Name a coping/relaxation skill you use at home and explain why.
- Name a coping skill you use at school or other places and explain why.
- You can also pick a situation from a previously made list and name a coping skill you could use.

5. Family Communication Jenga

- When a player draws a pink dot- give an example of a positive communication strategy.
- When a player draws a green dot- give an example of an assertive communication strategy.
- When a player draws a yellow dot- give an example of unhelpful communication (passive, aggressive, sarcasm).
- Another option is to demonstrate how to set boundaries with different situations that are made ahead of time and they draw out of a bucket.
- You could also make a list of situations that the player has to say how they would respond to.

