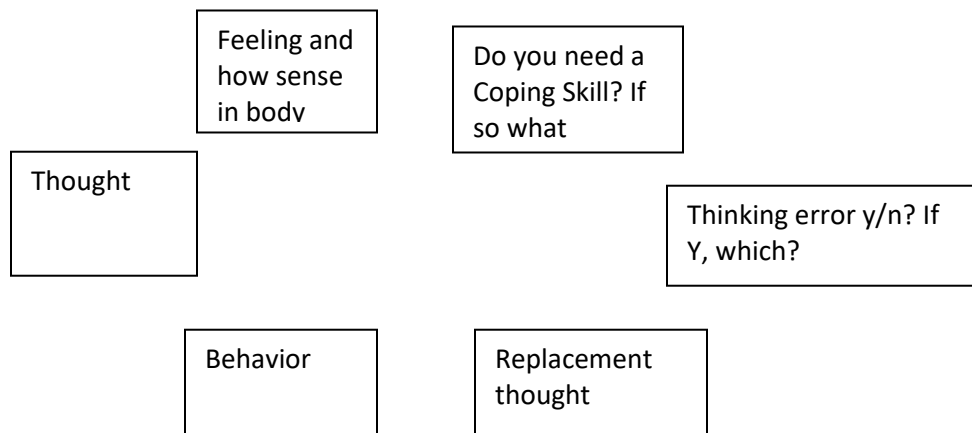


Cognitive Coping Musical Chairs

Here is a game idea to use based off of Musical Chairs or the Cake Walk. Involves movement , music and teaching and can be used for one module or for a review of a couple.

For example – Cognitive Coping. You can have 3 chairs or 3 areas chalked on the ground. Label each with a part of the triangle. Music goes, when music stops everyone runs to a chair or square. First person to land on one (or clinician's choice) has to name something about their chair/square. So if client is on feeling –s/he names a feeling (you can even ask how that feeling might be experienced in the body). The next person would name a thought or behavior that might go with that feeling. To make it more complicated or more of a review, you can ask if the thought is helpful/unhelpful and which error it is. If it is identified as unhelpful you can ask for a replacement helpful thought. Or you can add more spots/chairs like below. Add for coping skill and the person who lands on that spot could share a coping skill that they might use with that feeling. Below is my nifty diagram. It makes sense in my head – hope it makes sense to you. ☺ You'd probably want to start with either Thought, Feeling or Behavior because starting with other 3 wouldn't make sense since you'd want them to all relate.



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