

Contents

Introduction	11
How to Get the Most Out of This Book	17
Step-by-Step User Guide	19
List of Materials	21
Case Studies	23

Part I Warm-Up Games

Pass the Ball	31
Guess the Colour	31
Make the Sound of...	32
Guess What?	32
Feel What It Is...	33
Whose Nose Is It?	33
Getting to Know Each Other	34
Colour Appreciation	34
Quick Colour Responses	35
Feeling Is the Object	35

Part II Creating Games for Improving Self-Esteem and Confidence

Pushing the Boundaries	39
Charades with a Difference	41
Run Rabbit	43
Whatever (Sticks and Stones)	45
What Am I Really Like?	47
Guess What It Is	49
Contour Drawings	51
Drawing Together	53
Drawing with Different Body Parts	55
Let Rorschach Help Your Story	57
Future City	59
Happy Families	61
Why Am I Feeling This Way?	63
Large Group Scribble	65
Against Time	67
Alphabet with Feeling	69
Cube Fun	71
Area Awareness Spinning Top	73
Pass the Compliment	75
What Am I Like?	77
Drawing Blindfold	79
I'm the Greatest	81

Part III Creating Games for Raising Self-Awareness

Opposites Attract	85
Going with Change	87
My Patch	89
Treasure Hunt	91
Changing Faces	93
Shape Town/Village	95
Where Do I Belong?	97

Please Don't Distract Me	99
Building Up Clusters	101
Changing Circles	103
Scribble Exchange	105
How Do I Feel?	107
Paper Roll Game	109
Jigsaw – Self-Portrait	111
My Patch Spinning Top	113
Playing Detective	115
Listening and Responding	117
Please Pass the...	119
Who Am I?	121

Useful Templates and Resources

Box	125
Face	127
Rabbit's Ears	129
Cube	131
Emotion Sheet 1	133
Emotion Sheet 2	135
Emotion Sheet 3	137
Emotion Sheet 4	139