

1. Draw Your Emotions

Short Description: Express feelings through abstract or representational drawing.

Materials Needed

- Paper
- Crayons
- Markers, or colored pencils

Objectives

To help participants recognize and express their emotions visually.

How to Play

1. Give each participant a blank sheet of paper and drawing materials.
2. Ask them to draw how they are feeling using shapes, colors, and abstract or representational images.
3. Lastly, invite participants to share or explain their drawings in a group.

2. Finger Paint

Short Description: Use fingers to paint freely and explore creativity.

Materials Needed

- Finger paints
- Large paper

Objectives

To encourage sensory exploration and emotional release through art.

How to Play

1. Set up a painting area with large sheets of paper and finger paints.
2. Invite participants to dip their fingers in the paint and express their feelings through freeform painting.
3. Encourage them to explore textures, colors, and movements.
4. Allow time for optional sharing or group reflection on their artwork.

3. Balance Beam Walk

Short Description: The Balance Beam Walk is a therapeutic activity aimed at improving balance, coordination, and proprioception. It involves walking across a narrow beam or line on the floor, which challenges participants to focus on maintaining physical stability. This activity is beneficial for psychiatric patients, as it helps build confidence, focus, and body awareness.

Materials Needed

- A balance beam (a taped line on the floor for safety)
- Visual markers (like colored tape) to guide the walk

Objectives

- To improve balance, coordination, and focus.
- Helps participants enhance their proprioception (awareness of their body's position), while also promoting calmness, confidence, and mindfulness through slow, controlled movement.

How to Play

1. Set up a simple balance beam or a tape line on the floor.
2. Participants walk across it while focusing on balance.
3. Props will be added to make the activity more challenging such as asking them to hold light objects or asking them to walk in a specific way (e.g., heel-to-toe).

4. Draw a Place Where You Feel Safe

Short Description: Illustrate a place that brings comfort and peace.

Materials Needed

- Drawing Paper
- Crayons
- Markers

Objectives

- To identify sources of emotional safety and security.

How to Play

1. Distribute drawing paper and coloring materials to each participant.
2. Ask participants to close their eyes and imagine a place where they feel completely safe.
3. Invite them to draw that place in detail.
4. After drawing, encourage volunteers to describe their safe space and what makes it feel secure.

5. Create a Family Tree of Strength

Short Description: Create a Family Tree of Strength is a reflective and empowering activity where participants build a symbolic "tree" that honors the people, traits, and experiences that have helped shape their inner strength.

Materials Needed

- Paper
- Markers
- Photos (optional)
- Stickers

Objectives

- To recognize family support and strengths
- To promote self-awareness
- To foster a sense of identity and belonging

How to Play

1. Give participants paper and drawing supplies.
2. Guide them to draw a tree structure with branches representing people, events, or traits that make them strong.
3. Allow time for adding photos, stickers, or meaningful words.
4. Invite those who are comfortable to share their trees and stories with the group.

6. Handprint Gratitude Tree

Short Description: A creative and heartwarming activity where participants trace and cut out their handprints, writing something they are grateful for on each one. These handprints are then

arranged on a large poster or wall to form a vibrant “gratitude tree,” with each hand representing a unique contribution of thankfulness.

Materials Needed

- Paint
- Large paper or poster board
- Markers

Objectives

- To promote mindfulness by encouraging participants to focus on and recognize positive aspects of their lives.
- To cultivate a sense of gratitude, which can enhance emotional well-being and reduce stress or negative thinking.
- To improve self-awareness by reflecting on personal values and sources of joy or support.

How to Play

1. Provide participants with paper to trace and cut out their handprints.
2. Ask them to write something they’re grateful for on each handprint.
3. Collect the handprints and assemble them on a large board to form a tree.
4. Display the tree in a common area as a visual reminder of gratitude.
5. Optionally, discuss themes of thankfulness as a group.

7. Clay Emotion Sculpting

Short Description: Sculpt emotions using clay or Play-Doh.

Materials Needed

- Clay or Play-Doh in various colors

Objectives

- To encourage tactile expression of feelings.

How to Play

1. Provide each participant with clay or Play-Doh in various colors.
2. Ask them to choose an emotion and sculpt it using shapes or symbolic forms.

3. Allow creativity—there are no right or wrong ways to express feelings.
4. Once finished, participants can explain their sculpture and the emotion behind it.

8. Emotion Doodle Journal

Short Description: Keep a journal of doodles to reflect daily emotions.

Materials Needed

- Notebook or journal
- Pens
- Markers

Objectives

- To promote emotional tracking and self-reflection.

How to Play

1. Give each participant a notebook or journal.
2. At the beginning or end of each session, invite them to doodle how they're feeling.
3. Encourage freedom of expression—colors, shapes, and styles are all welcome.
4. Periodically reflect on past entries to observe emotional patterns or growth.

9. Throw and Talk Ball

Short Description: Throw & Talk Ball is an interactive group activity where participants toss a ball to one another and respond to prompts written on the ball—or respond to a question asked upon catching it. It combines light physical movement with conversation starters, making it perfect for warm-ups, emotional check-ins, or social bonding.

Materials Needed

- Inflatable beach ball
- Permanent marker

Objectives

- To encourage verbal sharing and active listening
- To build comfort and trust in group settings
- Helps participants reflect on emotions, strengths, and coping skills

How to Play

1. Write prompts or questions all over the ball (e.g., “A happy memory,” “Something that calms me”).
2. Participants sit in a circle and toss the ball.
3. When caught, the player answers the prompt under their right thumb.

10. Growth Tree

Short Description: Create a tree where branches are challenges and leaves are personal strengths.

Materials Needed

- Paper
- Markers
- Glue

Objectives

- To encourage reflection on growth and resilience.

How to Play

1. Draw or paint a tree trunk and branches.
2. Participants write a personal challenge on each branch.
3. On paper leaves, they write strengths or coping tools and glue them on the tree.

11. Butterfly of Change

Short Description: Decorate a butterfly with things you’ve overcome.

Materials Needed

- Butterfly template
- Colored pencils
- Markers
- Stickers

Objectives

- To reflect on personal growth and transformation.

How to Play

1. Write prompts or questions all over the ball (e.g., “A happy memory,” “Something that calms me”).
2. Participants sit in a circle and toss the ball.
3. When caught, the player answers the prompt under their right thumb.

12. Story Time Puzzle

Short Description: Story Time Puzzle is a visual sequencing game where participants use picture cards to recreate the logical flow of a familiar daily task or short story. It’s an engaging way to boost memory and organization by placing together real-life routines or narratives in correct order.

Materials Needed

- Picture cards
- Markers

Objectives

- To promote memory, sequencing, and logical thinking by having participants recall and arrange events in a coherent order.
- Help participants practice organizing steps of a task or story in a logical flow, enhancing their ability to break down complex processes.
- Encourage participants to concentrate and pay attention to details as they figure out the correct sequence.

How to Play

1. Provide a set of images or cards representing parts of a story or a sequence of actions (e.g., preparing breakfast, getting ready for work).
2. Participants arrange them in the correct order.

13. Friendship Bracelets

Short Description: Friendship bracelet making is a hands-on, creative activity where participants use colorful threads or strings to craft woven or knotted bracelets. The process is simple, meditative, and encourages focus, self-expression, and social connection.

Materials Needed

- Embroidery thread
- Beads

Objectives

- Encourages creativity and self-expression
- Supports fine motor skills and concentration
- Provides a sense of accomplishment
- Facilitates conversation and connection in group settings

How to Play

1. Teach simple bracelet-making techniques (e.g., braid, twist, bead).
2. Participants create bracelets for themselves or a peer.
3. Exchange bracelets with a kind word or compliment.

14. Emotion Bingo

Short Description: Emotion Bingo is a therapeutic group activity designed to help psychiatric patients recognize, label, and express different emotions in a supportive and interactive way. Using a bingo card filled with various emotions instead of numbers, participants are encouraged to share personal experiences or thoughts related to each emotion as it is called out.

Materials Needed

- Bingo cards with different emotions
- Markers

Objectives

- To enhance emotional vocabulary and recognition.
- To encourage self-expression and emotional sharing in a safe environment.
- To improve social interaction and group cohesion among participants.

How to Play

1. Distribute custom-made bingo cards with different emotions.
2. Call out emotional scenarios (e.g., "You got a surprise gift") or emotion words.
3. Players mark matching emotions on their cards. First to complete a row shouts "Feel-o!" or "Bingo!"

15. Flipping Cards

Short Description: The Flipping Cards Memory Game is a cognitive and therapeutic activity where participants take turns flipping over pairs of face-down cards to find matches. The cards can feature images, symbols, or emotion-related words. This engaging game aims to stimulate memory, concentration, and cognitive flexibility while promoting lighthearted interaction in a low-pressure setting.

Materials Needed

- A set of cards with matching pairs

Objectives

- To enhance short-term memory and attention span.
- To stimulate cognitive functioning and mental flexibility.
- To encourage social interaction and turn-taking.

How to Play

1. Shuffle the cards and lay them face down.
2. Patients take turns flipping over two cards at a time, trying to find matching pairs.
3. If a match is found, the patient keeps the cards; if not, they turn them back over.
4. The game continues until all pairs are matched.