Counseling Game Steps

Pick a goal. Set agreements. Play. Talk. Notice. Debrief.

Name: _____ **Date:** _____

1. Safety sort

Crisis or danger?
Adult now.

2. Pick a goal

Rapport, feelings,
coping, skills.

3. Pick a game

Use one already on the
shelf.

4. Agreements

Pass rule. Kind words.
Privacy.

5. Start light

Easy prompts build
trust.

6. Go deeper

Only as far as the
child can.

7. Use the moment

Losing and waiting are
practice.

8. Feelings check

Before and after the
game.

9. Debrief

One thing learned. One
to try.

Three levels of depth. Let the child set the pace.

Every prompt can be passed. Start light, return to light at the end.

Light Warm up, rapport	What is your favorite snack?
Medium Feelings, coping	When did you feel proud this week?
Deep Only with trust	What do you wish adults knew about you?

A talk and skills tool. Not a diagnosis or a treatment by itself.

Safety: if a child shares danger or harm, follow your protocol. US: 988 · HOME to 741741 · 911

Play therapy is a specialty. Games can be used by any trained helper.

Original layout by Lotus & Tulip, based on published work on games in counseling. Not therapy.
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My Counseling Game Plan

Goal. Game. Agreements. Prompts. Debrief. Or make your own game.

Name: _____ **Date:** _____

Goal and game

Goal today: Rapport / Feelings / Coping / Social skill / Other

Game I will use: _____

How talking works (color, number, space): _____

Time: ____ min Players: ____ Ages: ____

Our game agreements

Anyone can pass. Say "pass" or "ask me later".

We cheer, we do not tease. Mistakes are part of the game.

What we share stays here, unless someone is not safe.

Our own agreement: _____

Prompts I will use

Light: _____

Medium: _____

Deep (only if ready): _____

Skill to practice when losing or waiting: _____

Make your own game (child or group designs it)

Name of our game: _____

How you win (or how we all win): _____

When you land on or draw _____, you answer a prompt.

Debrief: one thing I noticed, one thing to try this week

_____

_____

_____

_____

_____

_____

Crisis: 988 · HOME to 741741 · 911. Tell a trusted adult.

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Game Reflection Log

Six sessions. Feeling before and after. One skill. One thing shared.

Name: _____ **Date:** _____

Session	Game	Before 0-10	After 0-10	Skill I used	I shared
# 1					
# 2					
# 3					
# 4					
# 5					
# 6					

Talk prompt cards (cut out, use with any board game)

Light Best snack ever?	Light A game you love?	Light Dream pet?
Medium A time you felt brave?	Medium What helps you calm?	Medium Someone who helps you?
Deep A worry you carry?	Deep A wish for your family?	Free Ask me anything kind

Any card can be passed. If unsafe: tell an adult. US: 988 · HOME to 741741 · 911

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