

Feelings Ball Game



Clinical Target: Anxiety, Depression, Behaviors and PTS

Component: Feeling Identification

Materials needed: 1 ball (soccer, beach, plastic, ect...)

1 sharpie / stickers / label maker

Where to purchase: Just google “Feelings Ball” and lots of hits come up. Price varies.

To create your own:

1. Purchase an inexpensive ball and decide how you want to use it and the target age of clients that you want to use it with (we have clinicians who have made several at one to target different ages).
2. Choose the feeling words most common you to want your clients to identify and write/draw faces/tape names onto the ball.

Instructions for how to use it:

1. You can start by tossing the ball in session, the closest the right thumb gets to a face/word, you have to say the last time you felt that way. Goes back in forth with family members and therapist. Great intro to feeling identification and engagement.
2. You can introduce charades by playing the game similarly only they don't get to tell you the last time they felt that way, this time they act out the feeling without saying the word. Other family members guess. Creates body sensations to feeling – then end with introducing relaxation if needed with an escalated kid.
3. Use the “best friend” scenario for resistant kiddos by having them tell you a time their friend might have felt that way. Also assists with empathy building.

Homework idea- buy \$1 beach balls in the Target dollar section and give them to families to create their own ball and have them play 1xday for the next week.

Additional ideas for the ball:

Want to challenge cognitions- use the ball to write down the kids most common negative/inaccurate beliefs then toss it around to generate more helpful/accurate to challenge the thought.