

## Mental Health



### ACTIVITY IDEAS TO DO WITH A GROUP

- 1. Get To Know Others:** Have each person write on an 8X11 piece of paper four things about themselves and tape it to their back. They are then given 10 minutes to wonder around getting to know as many people as possible. Then sit in a circle and try to recall at least 1 thing that was written down about each person.
- 2. Communication:** Some Games To Play- Horse Trader, Apples To Apples, Clay To Win, Cards, Charades, Draw To Win, and Cooking Group Activities.
- 3. Ball Toss Talk:** Leader chooses a topic and then players toss a ball to each other. When a player receives the ball, they must say 1 item related to the topic. For example, Topic may be “Fruit” and when a player catches the ball, they will say “Kiwi”. Other topics may be, “things found at school”, or “cities to visit.”
- 4. Walk & Talk:** Leader starts out with walking path and carries a fidget/ball. Then when the leader passes the fidget off to someone in the group, while walking, they must answer the stated question without breaking stride. After they answer, they can then ask a question and pass the fidget to whomever they want to answer the question.
- 5. Outdoor Movement Activities:** Badminton, Croquet, Bocce Ball, & Barbeque or Cooking Together.
- 6. Ceramic or crafts\*** are wonderful ways to create, express, and forget the worries of the day. Purposeful activities that clients can take home with them to remind them of good times and ideas for helpful hobbies can be done together or side by side in a group setting.

\* For additional craft ideas, see Brilliant Therapy crafts under school/clinic and hospital settings.