Contents

Forms and Handouts xi
Foreword xv
Acknowledgments xvii
Introduction 1

Chapter 1: Counseling Through Play and Games 9

Individual Interventions: Elementary
1 Roaring for Clues (Friendship skills) 23
2 Race for Results (Underachievement) 29
3 Pathways to Peace (Anger management) 33

Individual Interventions: Middle School
1 Knock Down Anxiety (Anxiety) 42
2 Predictable Anger (Anger management) 45
3 Grand Slam! (Interpersonal relationships) 49

Individual Interventions: High School
1 Fact or Fiction Tic-Tac-Toe (Anger management) 54
2 POSITIVE Hoops (Overcoming negative thinking and behaving) 58
3 Strategy Match (Anxiety) 62

Classroom or Small-Group Interventions
Elementary—Who Knew? Me and You! (Peer relationships) 66
Middle School—Treasured Hunting (Peer relationships) 68
High School—Shift (Overcoming negativity) 75

Chapter 2: Counseling Through Music 83

Individual Interventions: Elementary
1 Give ‘em Five (Teasing and name calling) 93
2 Music Makes the Medicine Go Down *(Procrastination)* 96
3 Think It Through *(Tattling)* 98

**Individual Interventions: Middle School**
1 Relationship Rationality *(Relationship problems)* 101
2 Rap It Up with Respect *(Perspective taking and respecting others)* 104
3 Me Music *(Self-awareness)* 107

**Individual Interventions: High School**
1 Rights, Privileges, and Responsibilities *(Rights and responsibilities)* 109
2 Re-Solution Revolution *(Underachievement and goal setting)* 112
3 A Song a Day Keeps the Blues Away *(Negative emotions)* 116

**Classroom or Small-Group Interventions**
Elementary—Time and Place *(Behavior awareness)* 117
Middle School—Building Bridges *(Peer relationships)* 120
High School—Stress Relieving Rhythms *(Stress management)* 123

**Chapter 3: Counseling Through the Visual Arts** 127

**Individual Interventions: Elementary**
1 Look at Me *(Self-awareness)* 137
2 Picture Perfect *(Perfectionism)* 138
3 Show Me How You Feel *(Identifying and expressing feelings)* 142

**Individual Interventions: Middle School**
1 That’s How I See It *(Perspective taking and problem solving)* 145
2 Who Do You See? *(Self-awareness)* 147
3 Picture Your Peers *(Peer relationships)* 150

**Individual Interventions: High School**
1 As I See It *(Career decision making)* 153
2 Photo Friends *(Friends and transitions)* 155
3 “Snap” Out of It *(Depression)* 157

**Classroom or Small-Group Interventions**
Elementary—The Me We See *(Self- and other awareness)* 160
Contents

Middle School—See the Options *(Problem solving and group cooperation/collaboration)* 161

High School—Mask It *(Self-identity)* 164

Chapter 4: Counseling Through Expressive Writing 167

Individual Interventions: Elementary
1 Write About Me *(Self-awareness and self-acceptance)* 178
2 "Write" Choices *(Decision making)* 180
3 Write All About It *(Expression of feelings)* 183

Individual Interventions: Middle School
1 Personal Prose *(Expression of feelings)* 185
2 "Write" Through It *(Friendship conflicts)* 187
3 Put It in Writing *(Decision making)* 189

Individual Interventions: High School
1 J is for Journaling *(Self-awareness)* 191
2 A Personal Story *(Decision making)* 193
3 Writing Remedies *(Relationships with peers or parents)* 194

Classroom or Small-Group Interventions
Elementary—What’s “Write”? *(Decision making)* 196
Middle School—Write Around *(Self- and other awareness)* 200
High School—Express It *(Self-awareness and values clarification)* 202

Chapter 5: Counseling Through Literature 205

Individual Interventions: Elementary
1 What’s the Story? *(Divorce)* 218
2 Story with a Happy Ending *(Sad feelings)* 221
3 Bully Books *(Being bullied)* 224

Individual Interventions: Middle School
1 Parent Poem *(Relationships with parents)* 226
2 Required Reading About Bullies *(Relational aggression)* 229
3 Dear Abby Letter *(Self-acceptance)* 232
Individual Interventions: High School
1 Science Fiction Hits Home *(Trust)* 235
2 Don’t Judge a Book by Its Cover *(Expressing emotions)* 237
3 Achievement Autobiography *(Academic underachievement)* 240

Classroom or Small-Group Interventions
Elementary—Book Buddies *(Friendship skills)* 246
Middle School—What’s in a Title? *(Prejudice and stereotyping)* 251
High School—Cyber-Safety Movie Mystery *(Cyberbullying)* 254

Chapter 6: Counseling Through Drama 261

Individual Interventions: Elementary
1 Curtains on Friendship? *(Friendship and jealousy)* 270
2 Dialogue Duo *(Anxiety)* 275
3 Drama of Conflict *(Dealing with conflict)* 277

Individual Interventions: Middle School
1 Mask of Anger *(Anger as a secondary emotion)* 280
2 The Many Roles I Play *(Self-deprecation)* 282
3 Lights! Camera! Empathy! *(Developing empathy)* 284

Individual Interventions: High School
1 Lead Role of Worrier *(Anxiety)* 287
2 Curtains on Conflict *(Conflict resolution)* 289
3 Re-“Acting” to Bullying *(Bullying)* 294

Classroom or Small-Group Interventions
Elementary—The Eyes Have It *(Listening skills)* 296
Middle School—Dramatic Inflections *(Communication skills)* 300
High School—Cliff Hanger *(Responding to negative peer pressure)* 306

Chapter 7: Counseling Through Activity-Based Experiential Interventions 309

Individual Interventions: Elementary
1 Catch It If You Can! *(Self-acceptance)* 321
2 You’ve Got a Friend *(Friendship)* 323
3 Feelings Fling (Identifying and expressing feelings) 326

Individual Interventions: Middle School
1 It’s “Up” to You (Problem solving and decision making) 330
2 Mood Management (Managing negative emotions) 332
3 Fearless Friends (Peer pressure) 334

Individual Interventions: High School
1 Better Think Twice (Decision making and consequences) 338
2 Finding My Way (Postsecondary planning) 340
3 Get Out from Under It (Procrastination) 342

Classroom or Small-Group Interventions
Elementary—Tell It Like It Is (Communication and assertion) 345
Middle School—Identify Yourself (Self-awareness and values clarification) 347
High School—We Can Work It Out (Group collaboration) 351

Chapter 8: Case Studies 355

Elementary
1 Annie (Divorce issues) 356
2 Kevin (Anger management and impulse control) 360
3 Amy (Anger/mood management) 364

Middle School
1 Gary (Anger, aggression, loss) 368
2 Kyla (Wellness, weight management, academic achievement, self-esteem, depression) 372
3 Brittney (Loss, transition, anxiety, depression) 376

High School
1 Dakota (Anxiety, depression) 380
2 Stacie (Anxiety, codependency) 384
3 Todd (Transition, loss, career and college planning) 387

Appendix: Game Board 393

References 397
About the Authors 405
Forms and Handouts

Chapter 1: Counseling Through Play and Games

Roaring for Clues Cards  26
Roaring for Clues Message  28
Race for Results Game Cards  31
Pathways to Peace Game Board  35
Pathways to Peace Consequence Cards  36
Pathways to Peace Trigger Cards  38
Pathways to Peace Skills Cards  40
Knock Down Anxiety Cards  44
Predictable Anger Fortune Teller Instructions  47
Predictable Anger Fortune Teller Strategies  48
Grand Slam Pitch Questions  51
Grand Slam Ball Field and Scoreboard  53
Fact or Fiction Tic-Tac-Toe Cards  55
Fact or Fiction Tic-Tac-Toe Board  57
POSITIVE Hoops Situations  60
Tips for Thinking POSITIVE  61
Strategy Match Cards  64
Treasured Hunting Clues  70
Treasured Hunt Invitation  74
Shift Game Board  77
Moving On! Cards  78
Shift Cards  80
Chapter 2: Counseling Through Music

Give ’em Five Song 95
Think It Through Song 100
Relationship Rationality Song 103
Rap It Up with Respect 106
Rights and Responsibilities Song 111
Re-Solution Revolution Song 114
Re-Solution Revolution Goal Worksheet 115
Time and Place Song 119
Building Bridges Worksheet 122

Chapter 3: Counseling Through the Visual Arts

Picture Perfect Sentence Stems 140
Picture Perfect Ribbon 141
Show Me How You Feel Cards 144
Who Do You See? Attributes 149
Picture Your Peers Outline 152
“Snap” Out of It Feeling Chart 159
See the Options Group Process Form 163

Chapter 4: Counseling Through Expressive Writing

Write About Me Activity Sheet 179
“Write” Choices Activity Sheet 181
Write All About It Activity Sheet 184
Personal Prose Activity Sheet 186
“Write” Through It Activity Sheet 188
Put It in Writing Activity Sheet 190
J is for Journaling Activity Sheet 192
What’s “Write”? Activity Sheet 197
Express It Activity Sheet 203

Chapter 5: Counseling Through Literature

What’s the Story? Tips 220
Story with a Happy Ending 223
Chapter 6: Counseling Through Drama

Curtains on Friendship? Puppet Play 272
Drama of Conflict Scenarios 279
Curtains on Conflict 291
Tips for Listening 298
Listening Song 299
Dramatic Inflections Game Directions 302
Dramatic Inflections Cards: Situations 303
Dramatic Inflections Cards: Phrases 304
Dramatic Inflections Cards: Questions 305
Cliff Hanger Peer Pressure Fact Sheet 308

Chapter 7: Counseling Through Activity-Based Experiential Interventions

Catch It If You Can Cards 322
You’ve Got a Friend Dilemmas 325
Feelings Fling Feelings Cards 328
Feelings Fling Action Cards 329
Fearless Friends Activity Sheet 336
Get Out from Under It Activity Sheet 344
Identify Yourself Role Cards 349
We Can Work It Out Group Process Sheet 353