



Family Game Night

Turn game night into an opportunity to promote mental wellness together!

JENGA

- Number each JENGA block for every question on the game sheet or until you run out of blocks. Play Jenga as you typically would and answer the question that corresponds to the number on the block that is pulled (i.e – pull block #1 and answer the first question on the game sheet). Invite other players to answer the same question if they'd like to encourage conversation. A player may pass on a question and pull another block if they wish. (*Questions can be found on separate sheet*)

UNO Feelings

- UNO Feelings is a great way to facilitate conversation around different emotions, in a fun and more casual way. In order to play you assign a different feeling to each color. For example, red is mad, green is happy, blue is sad, yellow is worried/scared, wild could be naming a coping skill for the color of your choice. You play the game as normal, but whenever you put a card down, you provide an example of a time that you experience the corresponding feeling.

Self Esteem Candyland

- Candyland is a simple game that you can use for a wide range of mental health topics. One example is with self esteem. You assign each color to a different prompt related to self esteem. For example: Red - What is something that you are good at? Blue - What makes you a good friend? Yellow - What is one goal that you have for yourself? Players take turns pulling a card and answering the corresponding question as they move around the board.

Emotions Charades

- Draw from a list of various emotions and act them out. Whoever guesses the emotion correctly has to then come up with one healthy/positive way to cope with that emotion. Types of emotions to use can vary depending on the age of the child(ren) playing. Some examples: Angry, nervous, sad, scared, stressed, worried, lonely, jealous, frustrated, etc.
- This can also be played like **Pictionary** where players draw the emotion instead of acting it out.

Cards

- Split the deck evenly among the players. Take turns discarding until you have no cards left (there is no winner). As you discard, do the following for each type of card:
 - Odd numbers: name a stressor
 - Even numbers: name a coping skill
 - Face Card: "Faces of my friends" - name someone you can talk to when you are stressed
 - Aces: "Ace Give Me Space" - name a place you can go when feeling stressed