

Confidence Building Games

QUESTIONS

by Beat by Beat Press

Aim:

To help children think beyond the most obvious answer.

GamePlay:

1. Give your child a prompt or setting.
2. Have a conversation with your child based on the prompt, but you can only speak in questions.
3. If you or your child messes up, says a statement instead of a question, or takes too long, call out "Next!" and start again using a different prompt

EXAMPLE:

Prompt: It's raining goldfish.

You: Do you smell fish?

Your Child: Why do you ask?

You: Have you seen what's falling from the sky?

Your Child: Do you think I'm blind?!

etc.

NOTES:

For a prompt, world catastrophes or big general conflicts work well for older children and teens. You could also just give a setting like "The Zoo", or "A Doctor's Office", etc., for a younger child.

THROW THE BALL

by Drama Tips

Aim:

to help children to become confident with making and maintaining eye contact and non-verbal cues.

Game Play

1. Stand in a circle
2. The person holding the ball looks at the person they want to throw the ball to. Once they have made eye contact, they can throw the ball to that person.
3. The gameplay continues.
4. Play a timed game and see how many times the ball can be thrown and caught in a certain time frame - (remember eye contact needs to be made before the ball is thrown.

CHARADES

Don't we all love a game of charades?

Trying to guess what other people are communicating without words can be pretty humorous, and everyone in the family can have a go. Playing charades encourages your child to communicate without words and helps them to learn about social cues. You can print out a simple charades game from this link here

<https://www.fun-stuff-to-do.com/charades-cards.html>

WORD AT A TIME STORY

by Theatre Folk

Aim:

to help children to learn to develop a story while thinking on their feet

Game Play:

1. Sit across for your child, give them a title for a story. for example, "The Best Birthday Ever."
2. The story is told one word at a time, each of you taking turns to add a new word.
3. Remind your child that the story has to make sense. They are building sentences, not throwing in funny words to try and get a laugh.
4. Everyone has to work together to remember where they've been and try to create a cohesive throughout.

Example

Prompt - At school today, I saw an alligator.

You - Today

Your child - At

You - School

Your child - I

You - was

Your Child - Daydreaming

etc