

Activities for Virtual and Socially Distanced PEACE Counselling Sessions and Summer Camp Ideas

Virtual Counselling Sessions

BCSTH Webinars and Supporting Documents

The following BCSTH webinars share tips and ideas for providing online PEACE Program support sessions, for individuals and groups:

[Delivering Peace Program Support Sessions Remotely During Covid-19](#) by Tracy Myers and Wendy Gruneberg

Supporting Document: [Example of Setting up for a Remote PEACE Session](#) by Wendy Gruneberg

[Delivering PEACE Program Group Sessions remotely during Covid-19](#) by Colleen Making

Supporting Document: [Delivering PEACE Program Support Groups Online during Covid-19](#) by Colleen Making.

[Yoga, Self-Care and Grounding Practices](#) by Renee Turner

Supporting Documents:

- 6 Trauma-Sensitive Yoga and Mindfulness Tools to Support Youth: <https://bcsth.ca/wp-content/uploads/2020/05/Trauma-SensitiveYogaTools-YogaEdToolkit.pdf>
- 3 Tools for you and your children and teens to manage anxiety: <https://bcsth.ca/wp-content/uploads/2020/05/YogaEdToolstoManageAnxiety.pdf>
- [Yoga and Grounding Resources for PEACE, Outreach and Transition House Program Staff \(anti-violence workers\)](#)

BCSTH PEACE Programs Video Library

The BCSTH [Video Library for PEACE Programs](#) contains a range of short videos demonstrating activities that work well remotely with children, youth, caregivers and the Violence is Preventable program. Email nicky@bcsth.ca for the password to access the videos.

Helpful Websites and Articles

- Online Sand Tray: <https://www.onlinesandtray.com/>
- Whole Child Counselling: Fun Games & Telehealth
<https://www.wholechildcounseling.com/post/fun-games-telehealth>
- Whole Child Counselling: More Fun games and Telehealth:
<https://www.wholechildcounseling.com/post/more-fun-games-and-telehealth>
- Wheel of names: <https://wheelofnames.com/>
- Mentimeter: <https://www.mentimeter.com/>
- Interventions for Online Therapy with Children and Youth: Guidance Teletherapy:
<https://www.guidancett.com/blog/interventions-for-online-therapy-with-children-and-youth-2020>
- Sesame Street in Communities: <https://sesamestreetincommunities.org/topics/health-emergencies/>
- Tammi Van Hollander YouTube channel:
<https://www.youtube.com/user/imagerythroughplay/videos>
- Dr.Vo's Guided Mindfulness Meditations: <https://keltymentalhealth.ca/collection/guided-mindfulness-meditations-dr-vo>
- Listen to Dr. Vo's Mindful Movement here:
https://keltymentalhealth.ca/sites/default/files/documents/7._mindful_movement.mp3
- Breath: <https://keltymentalhealth.ca/breathr>

Tips from PEACE Counsellors:

- Changing your virtual background can be a fun way to keep kids engaged in online sessions.
- If it is safe to do so, you could think about mailing packages with materials (or having participants collect these) ahead of time to open at the start of each session.

Resources shared by PEACE Program counsellors

Below is a list of tried and tested activities from PEACE Programs counsellors who have already begun delivering online PEACE Program support sessions remotely, with individuals or groups.

Minute to Win It Games

See Appendix A at the end of this document

Game of Things

This works best in a group (4 or more players). This YouTube video demonstrates how to play:

<https://www.youtube.com/watch?v=PBs8j8e8IEI>

Would You Rather

This can be a fun way to engage program participants and the non-offending caregiver. The options you include can become more and more silly and program participants can make up questions to ask back to the PEACE Counsellor. If you are struggling to come up with some questions, this website might be of help: <https://conversationstartersworld.com/would-you-rather-questions-for-kids/>

Learn to Draw for Kids - YouTube Tutorials

This can be a quiet and fun activity. You can share your screen and then play the video while you both do tutorial together. You can pause the video whenever you want and hold your drawings up to the camera to show each other your work. You can find some videos here:

https://www.youtube.com/results?search_query=learn+to+draw+for+kids

Lego

Lego/Duplo (depending on age) or creating box constructions (e.g. old cereal boxes) with lots of tape and scissors appropriate to age (some older program participants may have x-acto knives and glue guns which they can use if they are already proficient and safety aware and use those tools independently in their home already - often teens). These toys are good as the interlocking quality or the constructive nature add a feeling of control at a time when things may feel out of control.

Painting

Watercolour paints with 9x11 paper are great to get feelings moving but not good with program participants who are flooding. Note: keep the paper no wider than the child's shoulders. Drawing materials are better for containing feelings.

Battleships

Battleships works well when you each have your own set. You can find Paper Games Battleship here: <https://papergames.io/en>

X's and O's

X's and O's can work well as the program participant can place your piece for you on their board (you may have to track the game on a piece of paper on your side.)

Stuffies

Stuffy fun when your stuffies meet the program participant's stuffies and the stuffies talk. Perhaps doing puppet shows together or for each other.

Finger Puppets

Making felt finger puppets together and both making matching puppets so the program participant can script the puppet shows and you both have the same characters.

The Feelings Game

Recognizing feelings from facial expressions. This online game can be accessed here:

<https://www.do2learn.com/games/feelingsgame/index.htm>

The Feeling Words Game

This website shares videos of kids telling stories about a time they felt something deeply.

Counsellors / caregivers can watch these videos with program participants and ask them to guess which emotions they're describing. <https://www.greatschools.org/gk/do-you-feel-me/>

Sand Trays

If you are working from your office or have one at home, you can point the camera to display the Sand Tray and ask the program participant to tell you where they would like you to place the items. You can also use an online sand tray here: <https://www.onlinesandtray.com/>

Balloons

Use balloons on a video platform with younger program participants including inviting them to blow their frustrations into the balloon and then let it go and watch them fly away.

Garden boxes

Give garden boxes or plants as seeds and have kids plant them, nurture them and help them grow.

I Spy pages

Can be played using worksheets such as these: <https://www.123homeschool4me.com/animal-i-spy/> or using virtual backgrounds.

I Am a Strong Tree

Grounding exercise with script available here: <https://www.andnextcomesl.com/2019/06/free-printable-tree-grounding-exercise.html>

Yoga Art Therapy

Beyond Art Therapy Yoga for Stress Management and Anxiety Reduction worksheet and activity instructions can be found here: <https://www.creativecounseling101.com/art-therapy-yoga-stress-management.html>

Read books

Reading stories during an online counselling session

Show and Tell

Show and Tell works well remotely

Socially Distanced Counselling Sessions

The suggestions listed here could be used indoors if space permits, or outdoors. When holding PEACE Program support sessions outdoors it is important to be mindful of confidentiality when deciding where to meet and what is safe is to talk about in an outdoor space. Some ways in which PEACE Programs have been or are considering providing outdoor sessions include:

- Sessions in the park or on the beach
- Group Sessions that are half indoors and half outdoors
- Setting up a gazebo for outdoor small group sessions
- Providing individual blankets to sit on
- Conducting sessions in a program participants' back yard if family is comfortable with this
- Meeting in circles

Activity suggestions shared by other PEACE Program counsellors

For the games below that involve using cards, be careful about how you select cards e.g. splitting the deck in half at the beginning so you are not both drawing from the same pile.

If a timer is used, one person may need to be in charge of the timer throughout the whole game.

If tokens are used for keeping score, one person could be in charge of this, or both players could keep their own log using a pen and paper.

Heads Up!

This game could be played virtually if both parties have a smart phone with the app on it, or as a socially distanced game in person, providing that the phone is sanitized before switching players.

To play the game on a phone you will need to download the Heads Up app.

There is also a physical version of the game that uses cards with the words on them and headbands for players to slot the cards into without looking at what they say. You can view a demo here:

<https://www.youtube.com/watch?v=RhG0nlxBagM>

Pictionary / Charades

One person selects a card and chooses a word/phrase to draw (Pictionary) or act out (charades) and the other has a limited amount of time to guess the word/phrase.

Dice Game

You can find the instructions for this game [here](#).

Survivor and Fear Factor Challenges

For example: tossing a lawn dart or beanbag into a grid. Each grid square has a different bonus (e.g. eat a chocolate bar) or challenge (e.g. tell us something that scares you) inside. You can use tape on concrete to create the grid.

Minute to Win It Games

You can find some samples in Appendix A at the end of this document

Nature based activities

For example: walks and hikes; trips to lakes; nature based art; mindfulness activities e.g. the [Five Senses](#); drawing/painting; free playtime

Fashion Show

Going to outdoor space such as beach/park and bringing T-shirts to re-fashion and then having a fashion show

Taping space on floor

If you have a space large enough, taping squares on the floor and creating a game where everyone has to stay in their square

Gross Motor Games

Some examples can be found here: <https://www.verywellfamily.com/gross-motor-skills-for-preschoolers-1257160>

Making and decorating canvas face masks**Scavenger Hunts****Yoga and breathing exercises****Expressive arts****Simon Says**

Summer Camp Ideas

Below are some ways in which some PEACE Programs are considering running summer camps during COVID-19. If waitlists for your program are long, summer camps may be a way to get waitlists down by seeing more than one program participant at once.

In instances where the group room at your program is not large enough to maintain a 6ft distance between participants and it is hard to get community space / use park where there won't be confidentiality issues, considering offering an individual based summer camp series could be a solution. Ideas from other PEACE Programs doing this include:

- Seeing children and youth individually over the summer
- Holding a few sessions with each child that are ½ day long
- If you have one, using a company van that allows for social distancing in it. Or, if transportation is an issue, you could arrange for the program participant to meet you at the location

Other PEACE Programs may plan summer camps that can be facilitated outside and be available for limited number of program participants (e.g. 6-7), with indoor space held as a backup if the weather is bad (providing it is large enough to maintain social distancing).

Summer students may be able to help programs to coordinate virtual and outdoor activities.

Appendix A

Samples of Minute to win it Games

Can be found online, from TV show Minute to Win it

BOBBLEHEAD

1. Prior to game start, contestant is standing with hands at sides and has a pedometer reading "zero" attached to a headband on their forehead.
2. Once game begins, contestant may begin bobbing head.
3. Contestant may not use hands to manipulate the pedometer.
4. If pedometer moves out of original position, contestant may readjust headband but may not continue game until hands are off the headband.
5. To complete the game, contestant must get 125 "steps" within the 60-second time limit.
6. REQUIRED ITEMS • 1 pedometer

BREAKFAST SCRAMBLE

1. Prior to game start, contestant must be in a standing position with hands at sides.
 2. Once the game begins, the contestant will turn over the puzzle pieces and begin to assemble puzzle.
 3. If a puzzle piece falls on the floor during the challenge, the contestant must pick it up.
 4. To complete the game, the contestant must assemble the puzzle and it must be completely inside its designated zone on the table within the 60-second time limit.
- REQUIRED ITEMS • 1 cereal box cut into 20 pieces

CARD NINJA

1. Prior to game start, contestant stands in designated start zone with hands at sides.
2. Once game begins, contestant may pick up cards.
3. Contestant must choose a designated throwing hand, and may hold and throw only one card at a time from that hand. a. Contestant may hold multiple cards in the non-throwing hand.
4. Contestant must remain in the designated zone for the duration of game. a. Any card thrown while not standing in the designated zone will not count.
5. To complete the game, a total of three cards must stick IN the three watermelons concurrently within the 60-second time limit and remain in the watermelons for three consecutive seconds.
6. Any card released within the 60-second time limit may count towards a player's total.

DEFYING GRAVITY

1. Prior to game start, contestant stands with three balloons. An audio cue will signal the contestant to release the balloons.
2. Clock will start once all three balloons are released by contestant.
3. Contestant may use any part of the body to hit the balloons.
4. Balloons may not be held by the contestant, or rest on any part of the body once they have been released.
5. Contestant and balloons must remain in designated play area during game.
6. If a balloon pops upon contact with the body the contestant is eliminated.

7. To complete the game, no balloon may touch the floor within the 60-second time limit.

REQUIRED ITEMS • 3 balloons

DON'T BLOW THE JOKER

1. Prior to game start, contestant stands in designated start zone with hands at sides.
2. Once game begins, contestant may begin blowing the cards.
3. At no time may the contestant touch the table, bottle or cards.
4. Once all cards of a given deck have fallen, resulting in a failed attempt, the contestant may try a new station.
5. To complete the game, a lone Joker card must be atop the bottle within the 60-second time limit and remain in place for three consecutive seconds.

REQUIRED ITEMS • 1 bottle • 1 deck of cards

JOHNNY APPLESTACK

1. Prior to game start, contestant must have both hands on the table with all apples in a bowl.
2. Once game begins, contestant may begin removing apples from the bowl and stacking them on the table.
3. The contestant may only use apples and no other objects to build the stack.
4. The contestant may choose any five apples and may substitute them at anytime.
5. The contestant may not alter an apple in any way.
6. To complete the game, five apples must be stacked freestanding one atop the other within the 60-second time limit and the structure must remain in place for three consecutive seconds.

REQUIRED ITEMS • 5 apples

JUNK IN THE TRUNK

1. Prior to game start, contestant must stand in the designated start zone with hands at sides and with belt attached to body (box at the small of the back). Eight balls will be placed in the box by a producer.
2. Once game begins, contestant may begin moving body.
3. Contestant's hands or arms may not touch the floor, box, or belt.
4. Only the contestant's feet may be in contact with the floor.
5. Contestant may not touch any ball while it is inside the box.
6. To complete the game, contestant must get all eight ping-pong balls out of the box within the 60-second time limit.

REQUIRED ITEMS • 8 ping-pong balls • 1 empty tissue box

RAPID FIRE

1. Once game begins, contestant may grab the first rubber band.
2. Contestant must stay out of designated zone for the duration of game.
3. Contestant may hold more than one rubber band in their hands at a time, but may only shoot one rubber band at-a-time. a. Hitting a can as a result of shooting multiple bands at once will result in failure of the game.
4. To complete the game, contestant must clear the table of all cans within the 60-second time limit.

5. Any rubber band released from the hand within the 60-second time limit may count toward completion of the game.

REQUIRED ITEMS • rubber bands • 6 soda cans