

Bee Playful with Meghan



ACTING LIKE A BABY

Regression Games

- Role play as a baby
- Performance with toys
- Story telling: When you were a baby...

Power-Reversal Games

- adult pretends to be weak, angry, scared, unable
- wrestling, getting things "wrong"

DISCONNECTION

Connection Games

- This little piggy
- Beep/honk
- Eye Contact Games
- Body Checks

Coping Skills Games

- Actions with Deep Breaths
 - Knock me down
 - Special Song
 - Role play using coping skills
- Art: draw the feeling

SEPARATION ANXIETY

Separation Games

- Hike and Seek
- Peek-a-boo
- Chase games
- Role play school drop off and pick up ritual

PUSHBACK OR FRUSTRATION

BIG FEELINGS

Use this QR code for online course!



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