

GROUP THERAPY

ACTIVITIES	MARK IF DONE
<p>FEELING ACTIVITY</p> <p>Talked about your different feelings at a different point in life and listen to other people's narratives the same way.</p>	
<p>Think, Feel, Draw</p> <p>Think of a positive experience, recall how it made you feel, and draw it. Share each other's drawing and their experiences.</p>	
<p>Complete a bingo!</p> <p>Find any coping skill and perform it with your group.</p>	
<p>Craft</p> <p>Do a craft activity with your group where you can use any available items to decorate or create anything out of it.</p>	
<p>Mindfulness</p> <p>Practice mindfulness. Perform a deep breathing exercise with your group therapy members.</p>	
<p>Board game</p> <p>Play a board game with your therapy group.</p>	