



Knee Tag

This is a fun children's game, but it can bear many practical skills. In this game, you can learn about self-awareness, self-management, social awareness, relationship skills, and also responsible decision making! This also helps boost their enjoyment of short bursts of physical activity. The effort and focus required to play tag can help develop positive and healthy behavioral norms. Increasing the level of safety and consideration in your group.



I Last Felt

This is a game that looks at your past as a means to realizing your future. You will come up with a list of emotions and experiences. From there you just try to combine the last time you felt emotion with an experience from your past. This can give us an idea of how to achieve the emotions we want in the future. This will also help to build a picture of what your future needs to look like, to repeat those experiences. You gain a better understanding of what exactly your goals should look like to you.