

THE RELATIONAL REGULATION GAME

CHOOSE YOUR FORTUNE TELLER AND PLAY TOGETHER



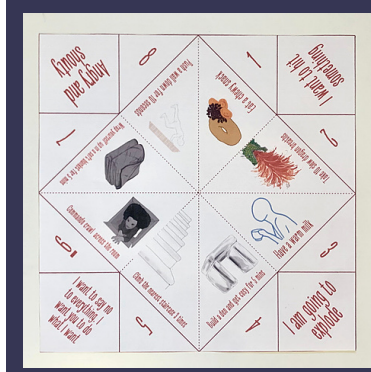
Beacon House

Therapeutic Services and Trauma Team

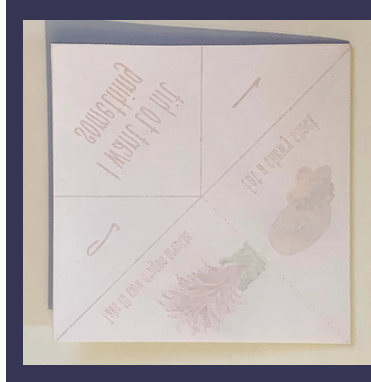
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RELATIONAL REGULATORY GAME INSTRUCTIONS

1. PRINT AND CUT OUT THE FOUR SQUARES



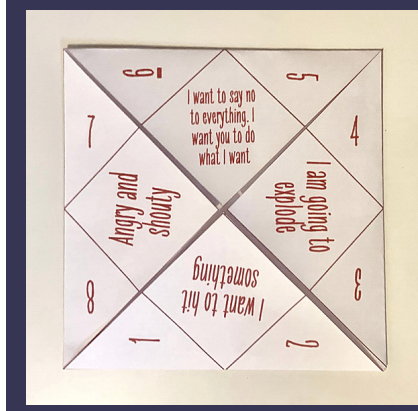
2. LAY SQUARE FACE UP



3. FOLD IN HALF THEN HALF AGAIN TO CREATE A SQUARE



4. UNFOLD AND LAY FACE DOWN. THEN FOLD A CORNER TOWARDS THE MIDDLE CREATING A TRIANGLE



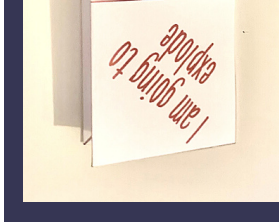
5. FOLD ALL FOUR CORNERS IN TO THE MIDDLE



6. TURN OVER



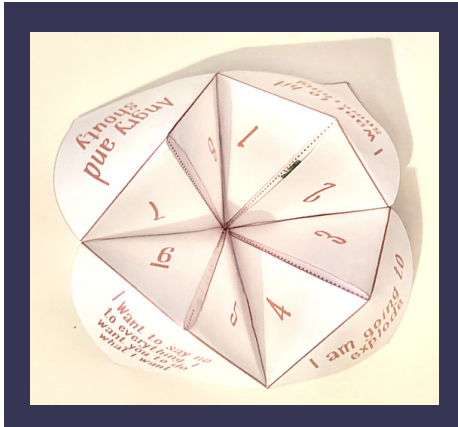
7. FOLD ALL THE CORNERS INTO THE MIDDLE SO THE NUMBERS ARE ON TOP



8. TURN OVER AND FOLD IN HALF TO MAKE A RECTANGLE



9. PLACE YOUR FINGERS INTO THE CORNERS AND GENTLY PUSH OUT. THIS IS YOUR FORTUNE TELLER

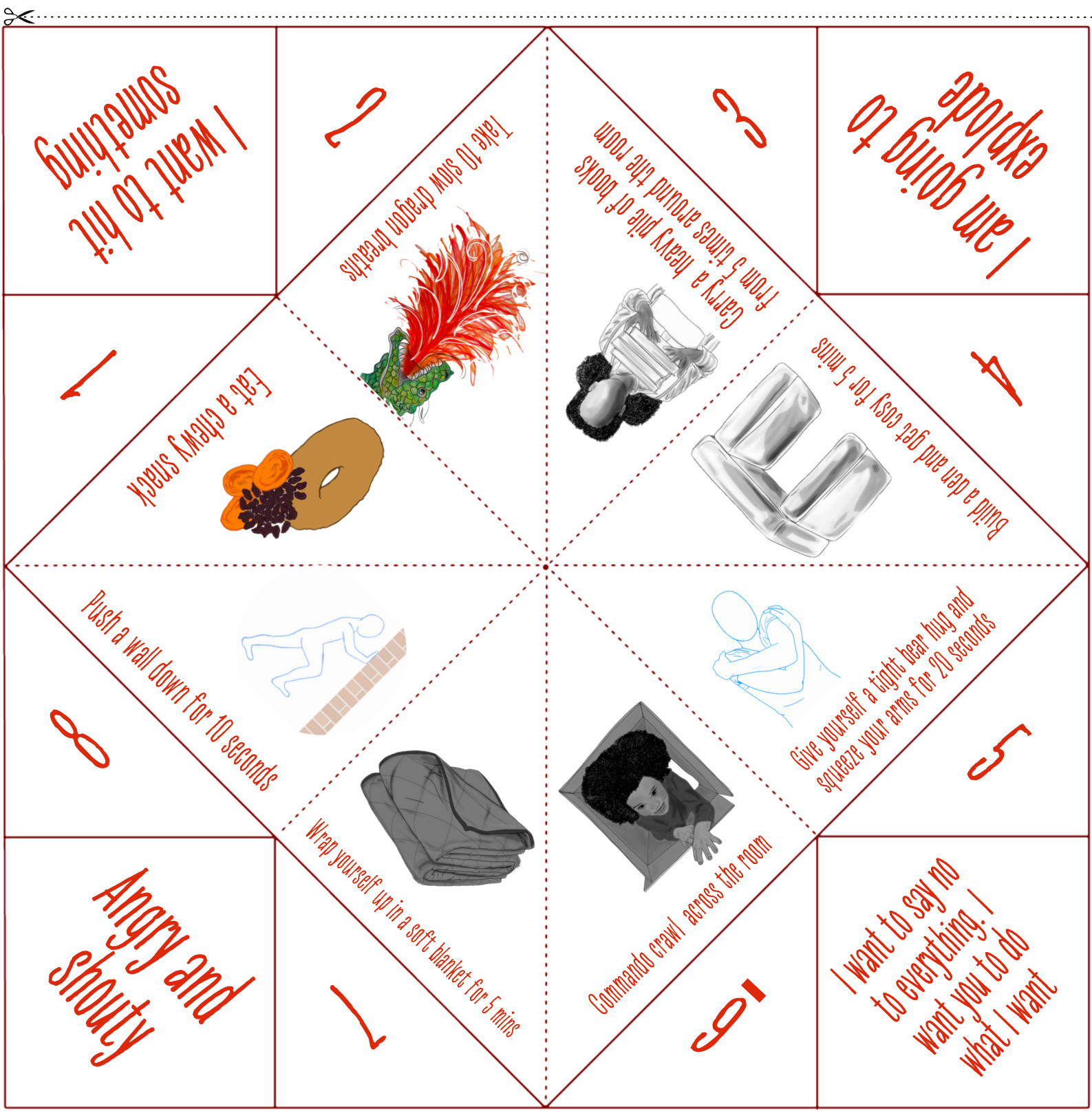


PLAYING THE GAME (BEFORE PLAYING MAKE SURE YOU CAN ACCESS EVERYTHING NEEDED TO PLAY THE GAME)

1. ASK THE PERSON TO PICK HOW THEY ARE FEELING - YOU CAN HAVE ALL FOUR OPTIONS READY FOR THEM TO CHOOSE FROM OR SELECT THE ONE YOU FEEL IS RIGHT
2. PLACE YOUR FINGERS INTO THE POINTS AND OPEN THE FORTUNE TELLER
3. ASK THEM TO PICK A NUMBER AND OPEN AND CLOSE THE FORTUNE TELLER THE NUMBER OF TIMES THEY HAVE CHOSEN
4. ASK THEM TO PICK ANOTHER NUMBER AND REPEAT
5. ASK THEM TO PICK ANOTHER NUMBER AND THIS TIME OPEN UP THE FLAP THE NUMBER IS ON - CARRY OUT THE REGULATING ACTIVITY **TOGETHER**
6. PLAY AS MANY TIMES AS YOU FEEL IS RIGHT FOR THE INDIVIDUAL, AS USUAL BE LED BY WHAT THEY CAN TOLERATE

Relational Regulation Game: Fight

✂



1 I want to hit something

2 Take 10 slow dragon breaths

3 Carry a heavy pile of books from 5 times around the room

4 I am going to explode

5 Build a den and get cozy for 5 mins

6 Give yourself a tight bear hug and squeeze your arms for 20 seconds

7 Commando crawl across the room

8 Angry and shouty

9 I want to say no to everything. I want you to do what I want





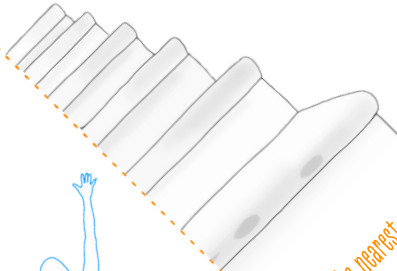



10 Push a wall down for 10 seconds

11 Eat a chewy snack

12 Wrap yourself up in a soft blanket for 5 mins


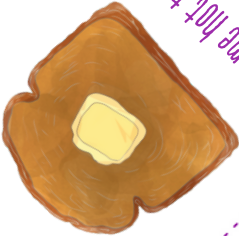





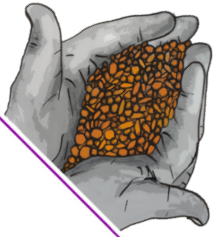
Relational Regulation Game: Flight

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<p>I want to run away and hide</p>	<p>Take 10 slow dragon breaths</p> 	<p>Have a warm milk</p> 	<p>I want to be super busy</p>
<p>Eat a crunchy snack</p> 	<p>Build a den and get cosy for 5 mins</p> 	<p>Climb the nearest staircase 3 times on your hands and knees</p> 	<p>I want to clench my fists and scream</p>
<p>Play tug of war</p> 	<p>Hug a soft teddy for 5 minutes</p> 	<p>Do 10 SLOW jumping jacks</p> 	<p>I want to talk in a funny voice and be loud</p>

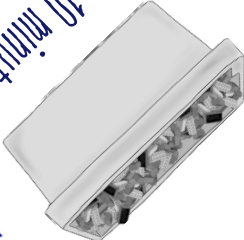



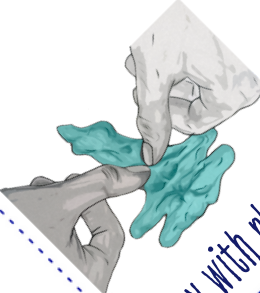
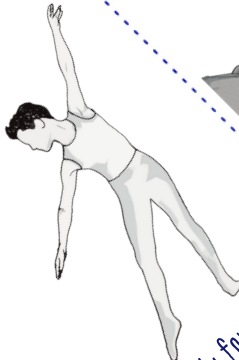

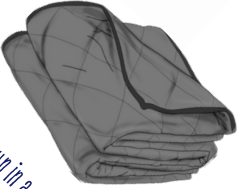
Relational Regulation Game: Freeze

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<p>I feel confused and forgetful</p>	<p>2</p> <p>Take 10 slow dragon breaths</p> 	<p>3</p> <p>Have some hot toast and a warm milk</p> 	<p>I am keeping a close eye on everything in the room</p>
<p>1</p> <p>Watch a funny youtube video or cartoon</p> 	<p>4</p> <p>Push a wall down for 10 seconds</p> 	<p>5</p> <p>Have a dance party for 5 minutes</p> 	<p>I am being a bit clumsy today</p>
<p>8</p> <p>Wrap up in a warm towel for 10 mins</p> 	<p>9</p> <p>Roll yourself up like a sausage roll</p> 	<p>10</p> <p>Dig in mud or sand or lentils</p> 	<p>I am day- staring into space</p>

Relational Regulation Game: Collapse

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<p>I want to be alone, please ignore me</p>	<p>2</p> <p>Play Lego for 10 minutes</p> 	<p>3</p> <p>Have a hot chocolate</p> 	<p>I feel unhappy and low</p>
<p>1</p> <p>Eat a crunchy snack</p> 	<p>4</p> <p>Lay on your belly and try like superman, hold it for 10 seconds</p> 	<p>5</p> <p>Play with play-doh for 10 minutes</p> 	<p>6</p> <p>Rock, sway and stretch gently for 5 minutes</p> 
<p>7</p> <p>Wrap up in a warm towel for 10 mins</p> 	<p>8</p> <p>Wrap yourself up in a soft blanket and watch TV for 10 mins</p> 	<p>9</p> <p>I can't think</p>	<p>10</p> <p>I can answer yes or no but nothing else</p>