



# BOARD GAMES



**PDRM**  
Psikolojik Danışmanlık ve  
Rehberlik Merkezi

## The No-Fault Zone (Şiddetsiz İletişim Türkiye)

**Skills:** Nonviolent communication, emotional expression, conflict resolution  
**Age:** 7 +

## Duygu Ormanı

**Skills:** Recognizing emotions, emotional intelligence, self-expression  
**Age:** 5 +

## Sihirli Safari

**Skills:** Creativity, visual perception, imagination  
**Age:** 6+

## Öfke Kasırgası

**Skills:** Anger management, emotional regulation, self-awareness  
**Age:** 6+

## Skippity A Mind and Logic Game

**Skills:** Strategic thinking, problem-solving, concentration  
**Age:** 7+

## ThinkFun Rush Hour

**Skills:** Logical thinking, problem-solving, patience  
**Age:** 8+

## Bubbles – Visual Perception Game

**Skills:** Visual perception, reflexes, focus  
**Age:** 4+

## Speed Cups

**Skills:** Hand-eye coordination, quick thinking, visual memory  
**Age:** 6+

## Mikado

**Skills:** Fine motor skills, patience, focus  
**Age:** 5+

## Q-Bitz

**Skills:** Spatial reasoning, pattern recognition, concentration  
**Age:** 8+

## Quoridor

**Skills:** Strategic thinking, decision-making, problem-solving  
**Age:** 8+

## Ayben ile Terapötik

### Etkinlikler Serisi:

**Bekle-Sabret-Kazan**

**Az Lakırtı Bol İletişim**

**Duygu Tombalası**

**Duygu Kartları**

**Skills:** Identifying and expressing emotions, social-emotional learning, empathy, active listening

**Age:** 5+