



BOARD GAMES



PDRM
Psikolojik Danışmanlık ve
Rehberlik Merkezi

Emotion Jenga

Write emotions or questions on Jenga blocks. The student who pulls a block discusses the emotion/question written on it.

Emotion Cards

A game using cards that represent different emotions, encouraging students to express their feelings.

Tell Me a Story

Students are given random pictures or words and create their own stories. This is especially useful for anxiety and confidence-building exercises.

Empathy Circle

Students choose an emotion or scenario and describe how they would feel in that situation. This helps develop empathy skills.

Anger Balloon

Students receive a balloon and blow into it while thinking about situations that make them angry. Before the balloon bursts, solutions to handle anger are discussed.

Dixit

A storytelling game that encourages creative thinking and expression of emotions and thoughts.

Öfke Kasırgası

Helps students understand their anger, develop healthy coping strategies, and express their emotions in a constructive way.

Duygu Tombalası

Emotion Bingo with Ayben helps students enhance their emotional awareness, recognize different feelings, and express them effectively.

Binbir Surat

Students developed creativity, adaptability, confidence, teamwork, and problem-solving skills through the “Binbir Surat” game with Ayben.

Az Lakırtı Bol İletişim

Emotional Development,
Verbal Expression, Family
Communication, Confidence
Development