



Telehealth Activities for Youth

Engaging youth in telehealth services can be difficult. These activities have been adapted to assist youth in better engagement through the screen. These activities are interactive and use creativity as a means of communication and engagement

Mindfulness:

Mindfulness Scavenger Hunt

Find and Collect:

- 5 things they can see
- 4 things that make noise
- 3 things with texture
- 2 things they can smell
- 1 thing they can taste

Talk about what they found and what being mindful means. Further discuss being present and focus on the here and now

Let it go

Have youth draw balloons with strings on a piece of paper.

1. Write some things that are making you feel anxious or upset in the balloons
2. Close your eyes
3. Imagine that you are holding the balloons in your hand
4. Imagine that you let them go. Picture your worries floating away with the balloons. Let it Go
5. Take a deep breath and open your eyes

Reflect: did the worries float away, if not discuss further

Control:

Activity to assist with anxiety and impulsivity (supplies: piece of paper, markers/crayons/colored pencils)

Ask youth to trace their hand on a piece of paper. Within the outline of their hand have them think about and write down all of the things they can control themselves. Things they have a “grasp” on. Outside the hand, have them think about the things they cannot control, things outside of their own control. Talk about what we have control over and what we do not. This exercise assists in youth understanding that we always have control of our own responses even when we don’t have control over a situation.

Journaling

This is a very unique time in all our lives. Keeping a journal to write about our feelings, what’s happening, how life has changed can be a powerful tool to maintain control in a chaotic and uncertain time. Have youth participate in this and share any thoughts or feelings they wish to share from their writings or creative pages.

Self-esteem:

Activity to demonstrate self-worth (supplies: piece of paper 8x11 or construction and markers/crayons/colored pencils)

Have the youth draw a side view of themselves from the neck up (example below). Kids can be as creative with the drawing as they wish. Above the outline have them write “I AM”



Within the outline ask youth to write all the words that describe them. Ask them what words those that care about them might use to describe them. Have youth talk about the different characteristics. This activity allows youth to see positive traits about themselves and leads to discussions surrounding self-worth

Seeing yourself and how you think others see you

(for older youth: Supplies- a shoe box or something similar, magazines, markers, paper, tape, various objects/trinkets)

Help youth understand that sometimes we see ourselves differently from or only allow certain characteristics to be seen by the outside world. On the outside of the box, youth use items to show how they believe others “see them”. They can use words, pictures, clippings from magazines, any items they

want. On the inside of the box, they use items to show how they see themselves. Discussion includes differences, what youth may keep to themselves, addressing challenges around self-esteem and self-worth, things youth love about themselves and any things they may want to work on, be stronger at.

Other activities that can work through telehealth:

Flash card activities (feelings, coping skills, skill building etc)

Guided meditations (walk youth through scripted meditations at the end of sessions to assist in relaxation, stress reduction)

Feelings Mad Libs (can be found on-line) the traditional game turned into a therapeutic activity

Worksheets