

Virtual Counseling Tips

Games & activities to build trust

The key to connecting with children and adolescents, in person or virtually, is building a strong rapport. Playing games and sharing activities can help to start a conversation and build trust.



A rose and thorn. Review the student's highlight of the week (rose) and challenge of the week (thorn) and process them together.

Share something they love. Have students share their favorite YouTube clip, music video, or song. Then watch it simultaneously and discuss.



Discussion cards. Choose a feelings flashcard, mindfulness meditation card, talking point card, or self-knowledge question. Read it aloud to the student to prompt a conversation.

Screen share word games. Share your screen (using Google Meet or Zoom) and play word fill-in guessing games. Use emotions and coping strategies as themes for the words and phrases.



Writing project. Create a shared Google document that both parties can access, and make a daily schedule for writing. This activity can help to establish a routine for virtual counseling.

Walk "together." Both parties use headphones and go for a walk outside while talking, highlighting the benefits of fresh air and physical activity.



5-4-3-2-1 grounding technique. To help students ease anxious thinking, have them identify: 5 things I can see, 4 things I can feel, 3 things I can hear, 2 things I can smell, 1 thing I can taste.

