

# 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.