

Get to Know

You Jenga



Introduction:

Get to know you jenga is a frequently used and enduring 'go to' resource within our Child and Family counselling teams. It provides a fun, semi structured introduction for children and families as counsellors and families get to know one another. Over the years our counsellors have refined questions to be based around experiences of family, safety, feelings, and identity.



Who might use this activity:

This activity may be useful for a wide variety of practitioners working with children and/or young people who have experienced trauma and their parents/carers. The questions are pitched at anyone aged 6 years or older.



What you will need:

- Jenga (or equivalent game)
- Get to know you questions template, cut up and stuck with sticky tape on individual blocks. You might like to stick a question on per block, or leave some blocks free of questions.



What you might say and do:

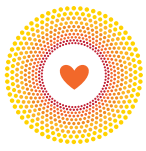
Introduce get to know you jenga. Explain how the game works. Negotiate rules together with the child/young person and parent/carer (if present). Negotiate if you will play with everyone answering each question, or just the person who picks out the individual block. If you choose to include blank blocks, negotiate what you might do when one of these is picked. A blank block might mean the child/young person gets to ask the worker a question, or it might mean the picker has to do 10 push ups, or a yoga pose, or recite a nursery rhyme, or do nothing, etc. Negotiate if you want to include a pass option for any, or one or two or three questions.



Things to note and enquire about:

Notice how well the child/young person and their parent/carer (if present) take turns.

Notice the responses the children/young people and their parents/carers make to the questions. If any questions trigger significant emotional or behavioural responses or visible physical changes within the players, pause the game and enquire about the response/s.



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A thing I like to do the most is...

I am looking forward to...

I wish someone had told me...

Bad things happen because...

I wish I could...

I really miss...

If I could change something about my family it would be...

When I'm alone I...

The best thing about my family is...

Someone who has helped me...

Something I'd like to try is...

Something that frightens me is...

I'd like to be better at...

My favourite food is...

Something that's important to me is...

I am excited about...

I feel safe when...

Something I don't like about school is...

Something that makes me laugh is...

My favourite music is...

Something I like about school is...

If someone were to give me a nice surprise I would like...

An important decision I've made is...

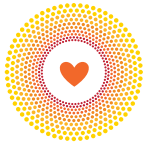
I believe that...

I feel hurt when...

If I won 20 million dollars I'd...

I feel happy when...

When I lose a game I feel...



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A good thing
about me is...

If I need help I...

Something I
hope for is...

Families are...

When I feel unsafe I can...

I wish I knew...

I remember when...

Someone who helps
me feel safe is...

Something I have
learned is...

A thing about me that I'd
like to change is...

If I was a superhero I'd like
my super power to be...

I admire ...

When I lose an
argument I feel...

Something people
like about me is...

Relationships to me are...

A calming colour
for me is...

If I could go on a holiday
anywhere I'd go...

My favourite animal is...

Something I'd like to
be different is...

My favourite people
to be around are...

The thing I like to do most
in my free time is...

Something I do well is ...

I feel angry when...

The best thing about
the weekend is...

One thing that I would
hate to lose is...

I hope to find...

If I had a time
machine I'd go...

When I grow up...