ACTIVITY: “THAT’S ME”

READY: Clients are seated in chairs. Take one card and read it.

SET: Read a card.

GO: If what the card says pertains to the clients, they will stand or jump and say loudly, “that’s me!”

EXAMPLES:
Stand up if you are older than 15.
Stand up if your eyes are blue.
Stand up if you are a senior.
Stand up if you have a cell phone.

ENHANCEMENT:
Repeat, using Skillstreaming examples.
Repeat, but every time someone stands, they switch to a new chair.
Repeat, but this time, when something is described, point to someone in the group and say “that’s him” or “that’s her.”

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
**ACTIVITY: “FINGERS AND THUMBS”**

**READY:** Explain to clients that by completing two skills at the same time by using two sides of the body at the same time, it can stimulate their brains so they are better prepared for group.

**SET:** Point your right finger. Point your left thumb straight up.

**GO:** When the instructor says “switch,” point the right thumb up and point the left finger forward. Repeat several times.

**ENHANCEMENT:**
Repeat with eyes closed.
Repeat while standing on one foot.

**SELF EVALUATION:**
Motivate?
Stimulate?
Feedback?
Repetition?

**SKILLSTREAMING SKILLS UTILIZED:**

**DISCUSSION QUESTIONS**
ACTIVITY: NOSE AND EARS

READY: Tell clients that by doing completing two skills at the same time by using two sides of the body at the same time, it can stimulate their brains so they are ready for group.

SET: Instruct clients to touch their nose. With the opposite hand, reach around their arm and touch opposite ear.

GO: When the instructor says “switch”, they will attempt to touch their nose and ear by switching hands. Repeat numerous times.

ENHANCEMENT:
Repeat with eyes closed.
Repeat while standing on one foot.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “DRAWING IN SPACE”

READY: Clients are standing, all facing the same direction.

SET: Explain to clients that activities that utilize both sides of the body are especially effective in waking up their brains. We will attempt to make shapes, using our fingers as pencils.

GO:
Step 1 – Lift the right finger. Draw an imaginary circle. Repeat with the left hand. Repeat as many times as needed.
Step 2 – Repeat the activity by drawing a triangle. Repeat with the opposite hand.
Step 3 – Repeat the activity by drawing a square. Repeat with the opposite hand.

ENHANCEMENT:
Draw the same shape, going in two different directions.
Draw a square with one hand, and a triangle with the other at the same time.
Repeat using various shapes.
Draw shapes while walking.
Draw shapes by “mirroring” a partner.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “LOUD OR SOFT?”

READY: You will need one koosh ball or bean bag

SET: Choose volunteer #1 to leave the immediate area. Choose volunteer #2 to hide a koosh ball somewhere in the room. The object of the game is for volunteer #1 to find the koosh ball, using the group’s applause to guide him.

GO: Explain to clients that when volunteer #1 reenters the room, they will guide him to the koosh ball by their applause. If their applause gets louder as he walks around the room, he is closer to the ball. If the group's applause gets softer as the volunteer walks, he is moving away from the ball. Continue until the volunteer has found the ball.

ENHANCEMENT:
Repeat with a new volunteer.
Assign the group a new sound such as snapping fingers, a vocal sound such as raising or lowering their voices, etc.
Hide two items simultaneously.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “SWITCHEROO”

READY: Place paper plates on the floor in a circle. Place the same number of paper plates as participants.

SET: Each client stands on a paper plate. Explain to clients that you will describe something. If what you say describes them personally, they simply move to a different plate, while respecting others’ personal space.

GO: “Move to a new plate if... (examples)
You have blue eyes
You are female
You are wearing jeans
Your birthday is Jan, Feb, March or Apr

ENHANCEMENT:
Repeat the game.
Repeat, instructing clients to make eye contact and wave to one person as they move.
Repeat, instructing clients to “high five” someone else, shake hands, give a compliment, etc. as they move from plate to plate.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “SWITCHEROO, MINUS ONE”

READY: You will need paper plates and index cards. Ask clients to write a trait on their cards that they find attractive in other people. Place paper plates in a small circle. Place task cards on the floor in the center. You must stand on a plate also at this point.

SET: Take a card from the pile. Tell clients if what you’ve read describes them personally, they will move to a different plate without invading someone else’s personal space. Repeat numerous times.

For example:
- Helps other people
- Smiles a lot
- Is funny
- Stands up for others

GO: After a few tries, when you give the signal, lift and remove your plate and move to someone else’s plate quickly. One client will be left without a plate. Ask the client in the middle to choose a card, then move quickly to a new plate. Continue the activity numerous times.

ENHANCEMENT:
Repeat, asking clients to describe something without using a task card.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “WAITER, WAITRESS”

READY: You will need one clipboard and numerous plastic cups. Spread the cups on the floor in a small area.

SET: Instruct clients to stand in a small circle, surrounding the cups on the floor. Give volunteer #1 a clipboard. The object of the game is for clients to collect as many plastic cups as possible on their clipboard.

GO: Volunteer #1 will lean over, pick up a cup, and pass the clipboard with one cup. Whoever is holding the clipboard may not touch the cups. Volunteer #2 will add a cup by taking one from the floor as they are holding the clipboard. Continue the activity until the cups fall.

*Participants may assist each other by adjusting the cups on the clipboard so they do not fall. Remember, the person holding the clipboard may not touch the cups.

ENHANCEMENT:
Repeat by moving from one end of the room to the other as cups are added.
Repeat by including social skills such as “please” and “thank you” as the clipboard is passed.
Repeat and instruct clients to say a compliment as the clipboard is passed.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “HOW YA DOING?”

READY:
Divide clients into groups of two/three.

SET: Explain to clients they have three minutes to come up with a three part greeting. Each part must be different than the first. For example, part 1 could be clients touching elbows, part 2 could be clients making a face, then part 3 could be a knuckle bump.

GO: Allow clients time to make up a three part greeting. Once they are done, instruct them to say “how ya doing?” or introduce other ways to introduce themselves to others. Allow clients to share their three part greeting to other participants.

ENHANCEMENT:
Allow clients to create a greeting without using words.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: POPPERS!

READY: Cut a Styrofoam swimming pool noodle into numerous pieces, about one half inch thick each. Place them in a box with task cards. Before the activity, ask clients to write on an index card one example of something to apologize for. For example, “I’m sorry I used your headphones without asking.”

SET: Volunteer #1 will take a popper and a task card.

GO: The client will read their apology, then “pop” their popper in the air. Whoever catches their popper goes next. If it falls to the floor, whoever steps on it goes next.

ENHANCEMENT:
This can also be done with a Styrofoam tube. Hold the tube in the center, then hit the end with a flat palm.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “HAMBURGER PRESS”

READY: Slice a swimming pool Styrofoam noodle into slices, about ½ inch per slice. Divide clients into groups of two or three. Each group will require numerous Styrofoam slices.

SET: The object of the activity is to “press” as many hamburger pieces together as possible.

GO: Clients will begin with one hamburger piece between their hands in a “high five” position. Each partner will alternate and add one hamburger piece at a time. Continue to add pieces until the hamburger press explodes.

ENHANCEMENT:
Build a hamburger press back to back.
Build a hamburger press with a third person handing hamburgers to each partner.
If you have an uneven number, one person can build a hamburger press using the wall as a partner.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “BUILD A CAMPFIRE”

READY: Slice campfire logs out of swimming pool noodles. Noodles should be about 1 foot long each. Place 10-15 in a box.

SET: The object of the activity is to collect firewood as quickly as possible.

GO: Client #1 takes one piece. Run/walk to a cone and back. Client 2 adds a piece and repeats. Continue the activity until all pieces are collected.

*If a client drops a piece of firewood, anyone from the group may assist.

ENHANCEMENT:
Repeat, adding two pieces at a time.
Extend the distance travelled.
Repeat by changing the order of who goes first, second, etc.
Repeat with one person blindfolded and all others guiding them.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “BALLOON TAP”

READY: You will need one balloon. Clients will stand in a small circle.

SET: Explain to clients there are many words one can use for a greeting. Designate one person (who is not participating) to be the counter. They will count each time the balloon is tapped.

GO: The object of the game is to tap the balloon as many times as possible without letting it hit the ground. Begin by tapping the balloon. Each time the balloon is tapped by someone in the circle, say a word or phrase that could be a greeting. For example, “hi, what’s up, hey, hello, hola,” etc.

**If doing one each time is too much pressure, have a non-participant count the balloon taps for the group and someone must say a greeting every 10th hit.

ENHANCEMENT:
Repeat using various Skillstreaming skills.
Repeat, except each time the balloon is tapped, it must be a different person each time.
Repeat, except each time the balloon is tapped, it must be with a different body part than the previous person.
Repeat using a playground ball and bouncing it around the circle.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: BALLOON WALK

READY: This activity requires partners.

SET: You will need one balloon for each set of partners.

GO: Partners will place the balloon between their backs. The object of the game is to get from point A to point B without allowing the balloon to fall.

ENHANCEMENT:
Repeat with the balloon between the partners’ hips.
Repeat and instruct partners they may not speak.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: PARTNER SHOE TIE

READY: This activity requires partners. One partner will need shoes that tie such as sneakers.

SET: Untie one shoe. Instruct partners to sit side by side. Partners must tie the shoe, but only with one hand each.

GO: Volunteer #1 holds the left lace with his left hand. Volunteer #2 holds the right lace with his right hand. Both partners must work together to tie the shoe, but only using their assigned hand.

ENHANCEMENT:
Repeat with a new partner.
Repeat using your non-dominant hand.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: GROUP JUGGLE

READY: You will need various objects like koosh balls, bean bags. Explain to clients that when numerous people work together, amazing things can happen.

SET: Instruct clients to stand in a circle. Begin by choosing a volunteer across from you and say their name. Point to that person when you say their name. MAKE EYE CONTACT. Instruct that person to choose someone else, point to them and say their name. Continue until everyone has been chosen. The last person chosen then points to you and says your name.

GO: Begin by saying the person’s name and tossing the ball. They will say the next person’s name and toss the ball. Go around the circle several times to practice. Once the group has practiced, add another ball. Reinforce the importance of eye contact and saying the person’s name before tossing the ball.

SPECIAL INSTRUCTIONS: If anyone drops a ball, say “brakes,” so everyone holds their object until the ball has been picked up. To end the activity, each time a ball is tossed to you, the leader, simply drop the ball at your feet until all have been returned.

ENHANCEMENT:
Add more objects as the group experiences success in the process.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS
ACTIVITY: “GOTCHA”

READY: Instruct clients to stand in a circle. It is necessary that they stand close enough to brush shoulders. Explain to clients that by completing two skills at the same time by using two sides of the body at the same time, it can stimulate their brains so they are better prepared for group.

SET: Instruct clients to point their right index finger straight down. Instruct clients to open their left palm, facing up. Move left hands sideways near the person to their left. Allow the person to their left to touch their finger on their palm. Next, instruct client to place their finger on the palm of the person to their right.

GO: When the leader says “gotcha,” attempt to grab the finger of the person to your left while simultaneously attempting to escape being grabbed on your right.

ENHANCEMENTS:
Repeat except while placing your finger in your neighbor’s palm, cross your right hand in front of your body to your neighbor on your left. Cross your left palm across your body to your right. Attempt to grab and escape again.

SELF EVALUATION:
Motivate?
Stimulate?
Feedback?
Repetition?

SKILLSTREAMING SKILLS UTILIZED:

DISCUSSION QUESTIONS