



Play Therapy Interventions that can be Implemented in AutPlay® Therapy Through a Telehealth Process

Give Me a Tour of Your Room/Toys – Comment on items, reflect and track.

Parade of Toys – Ask the child to get 6-8 favorite toys or items and parade them across the screen and explain why they are favorites. Or 6-8 toys and tell you how and where they got them.

Draw an Emotion – Ask the child to draw an emotion and then show it to you/explain it. Child will need paper and a pencil.

My Feelings Person – Ask the child to draw an outline of a person. Color in the person with their feelings. Have them show you the person and talk about the feelings. Child will need paper and crayons or markers.

Family Crest/Shield – Have the child draw a shield on a piece of paper. Ask them to draw on the shield or write words that describe their family. Once they have finished ask them to show and talk about their shield.

Guess What I Drew – The child draws something on a piece of paper and you (the therapist) has 20 questions to try and guess what they drew.

Teach Me About – Ask the child to teach you about a favorite video game they have on their tablet, a favorite book in their room, a movie they watched. Make sure to ask questions and reflect as the teach.

Simon Says – have the child do different moves in the Simon says fashion. The child can do this back to you.

Scribble Drawing – Tell the child to start scribbling on a piece of paper and after about 5 seconds stop. Ask them to show you the paper. Ask them to turn the scribble into a picture of something. You can also do your own and show the child your picture.

Face Drawing – Look at each other and try to draw each other's face.

Draw My Feelings Face – Take turns making feeling faces. The other person draws the face and tries to label correctly what kind of feeling the other person was showing with their face.

What Do I Have – Get an object from the playroom that the child might have played with before. They try to guess what you have. They can also get a toy from their room and you can try to guess what they have.

Mirror Moves – Play the mirroring game.

Complete the Story – Using puppets or miniatures, tell the child you are going to start a story and they will add to it and you will go back and forth adding to the story until you both decide it has ended. The child can use stuffed animals or miniatures they have at home. For example, the therapist chooses a fox and turtle puppet. Therapist starts the story by having the fox say, “one day I went on a walk” therapist pauses, then the child takes over the story with one of his characters. The child adds to the story then pauses. The therapist then adds to the story with one of his characters and so on until you both decide it has ended.

Kinetic Family Drawing – Ask the child to draw a picture of him/herself and their family doing something.

Draw What I Tell You – The child gives you instruction for what to draw and you try to follow the instructions then show what the end result looks like. This can also be done with bricks by building something or Legos by building something. You can go back and forth telling each other what to draw/build.

I Spy Room Version – Have the child span the room slowly with their device, spot something you are going to use as your I spy, then tell the child I spy something... they try to guess. Then switch and span your playroom and let the child find something and you try to guess.

Screen Finger Tracing – Take turns tracing each other’s fingers on the screen. Fingers should touch on the screen and the leader should move their finger around the screen while the other person keeps up (mirrors) them.

Guess Who Telehealth Version – Using the Guess Who board game take a person card and place it person up on your screen. The child can then see who they are, but you have not seen it. You draw your own card and then continue with the game as normal trying to guess who each other are. You can tape theirs to the screen if you need it to stay in place.

Tell Me What To Do - Tell the child they get to tell you what to do in the playroom, you do it on screen and they get to rate your performance. Then switch and tell the child. It can be simple things like go touch one of your books, or dance with one of your stuffed animals. You can even make rating cards 1-10.

Gif Game – If the child is tech savvy, ask them to find a gif and post it that describes how they feel today, their family, themselves, etc.

Show and Tell – Have the child pick anything in their room and tell you about it.

Ultimate Winner – Have the child select three things in their room. You get to choose your favorite from the three. The child takes the other two away and replaces them with two new items. You again choose your favorite from the three. The child then takes the other two away. This continues for five rounds until the final thing is the ultimate winner.

Additional Resources Related to Telehealth and Neurodivergent Children

YouTube video with Dr. Grant and Tammi Van Hollander:

https://www.youtube.com/watch?v=3v9H5xXrG0&fbclid=IwAR3oKBTaq_mE5JEtCEaE6NRHFckh_pHw1qo_fdArDy57FWXdTpGLUxNhuQ

Theraplay interventions for telecounseling:

<https://theraplay.org/product/theraplay-activities-for-telehealth/?fbclid=IwAR3Faarfjkhuto1zzDMqpDFaXAzFSBoXCy1BrkxvA9e6BSR7qD1bS1JQwQ>

Autism Society of America Covid 19 Resources:

https://www.autism-society.org/covid-19/?emci=f9817ad6-3f6a-ea11-a94c-00155d03b5dd&emdi=8ea0385b-cd6a-ea11-a94c-00155d03b5dd&ceid=976890&fbclid=IwAR0nuZ6377poD99QTX3A5sJ_364tY2xjl0EbwgzMwh6ok9lplCsrWV51P80

Spectrum Talk YouTube video with Dr. Grant, Jodi Carlton and Danyale Weems:

https://www.youtube.com/watch?v=bC9LxDUmEUc&feature=youtu.be&fbclid=IwAR1jw-wE4aHbQeznVmegKVMXSueR8lmUCV-Fe67nS_B0D_aVsIZsGikN9K8

Talking to kids about Coronavirus:

<https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/?fbclid=IwAR028fzbankDhtPu3GHsRcPFmxfg1bivxRAeeFf5hnsjTBU4tHA7UH0gGgw>

ResearchGate, Building rapport with youth via telehealth:

https://www.researchgate.net/publication/340066049_COVID-19_Tips_Building_Rapport_with_Youth_via_Telehealth

Social stories for kids about covid 19:

<https://childdevcenter.org/news/social-stories-for-kids-about-covid-19/>

The Playful Therapist, 20 interventions:

<https://www.meehanmentalhealth.com/the-playful-therapist-blog/telemental-health-and-children-20-free-minimal-supply-activities>