

Minute to Win It: A Technique to Practice and Strengthen Skills

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Recommended Age Range: Ten and Up

Goals

- Practice skills learned in therapy.
- Strengthen skills such as feelings expression, anger management, healthy coping.

Materials

- Paper
- Pen
- Trash can
- Balloon

Description

Introduce the activity as follows:

“Today we’re going to do a fun activity to help you practice some of the things you have been learning in therapy. Below is a list of tasks for you to complete. If you complete the task in under one minute, you get a point. At the end, trade in points for prizes: If you get 1-8 points you get 1 prize, if you get 9 or more points you get 2 prizes.”

1. Write down 5 emotions in 1 minute or less.
2. Write down 3 things that make most kids upset. Do this in 1 minute or less.
3. Write down 3 healthy coping strategies you can use if you feel angry, anxious, or upset. Do this in 1 minute or less.
4. Pretend you are angry or anxious. Stomp your feet 5 times then do deep breathing properly 3 times. Do it in 1 minute or less.
5. Bonus point: Crumple a piece of paper to form a ball. Stand behind the designated line. Throw the crumpled paper toward the trash can. You have one minute to get it into the trash can.
6. Draw a picture of yourself using a healthy coping strategy (in 1 minute or less).
7. Name 3 good things about yourself in 1 minute or less.
8. Write down 3 things you learned in therapy in 1 minute or less.
9. Write down 3 things you feel proud of in 1 minute or less.
10. Bonus point: Blow up a balloon and knot it. Keep it in the air without touching the ground for 1 minute.

Discussion

This intervention is an engaging adaptation of the Minute to Win It party game. It facilitates skill practice and consolidates goals achieved in therapy. Most clients will enjoy the active, fast-paced nature of this intervention.

The tasks can be modified so they are appropriate to the client's developmental capacity and therapeutic goals.

About The Author

Liana Lowenstein, MSW, CPT-S, is a therapist, lecturer, and author who has been working with children and families since 1988. She is internationally recognized for her innovative work including numerous books on child and family therapy. She is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada.