



# Creating Children's Art Games for Emotional Support

*Vicky Barber*

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## **Creating Children's Art Games for Emotional Support** Vicky Barber

Game playing is a highly effective way of engaging children and has long been acknowledged as an important means of psychological therapy. This book offers an abundance of fun games that help children to confront personal problems and issues in a light-hearted yet meaningful way.

These are games with a difference, as they must be constructed before they can be played. The creation aspect involves collaboration and cooperation within a team, and instils an empowering sense of ownership in the creators. By the time the game is ready to be played, children are confident, thoroughly engaged and ready to explore issues in a supportive environment. Each game has been tried and tested by the author, and is proven to really work.

This book is an essential tool for therapists, counsellors, social workers, youth workers and teachers supporting children and young people.

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