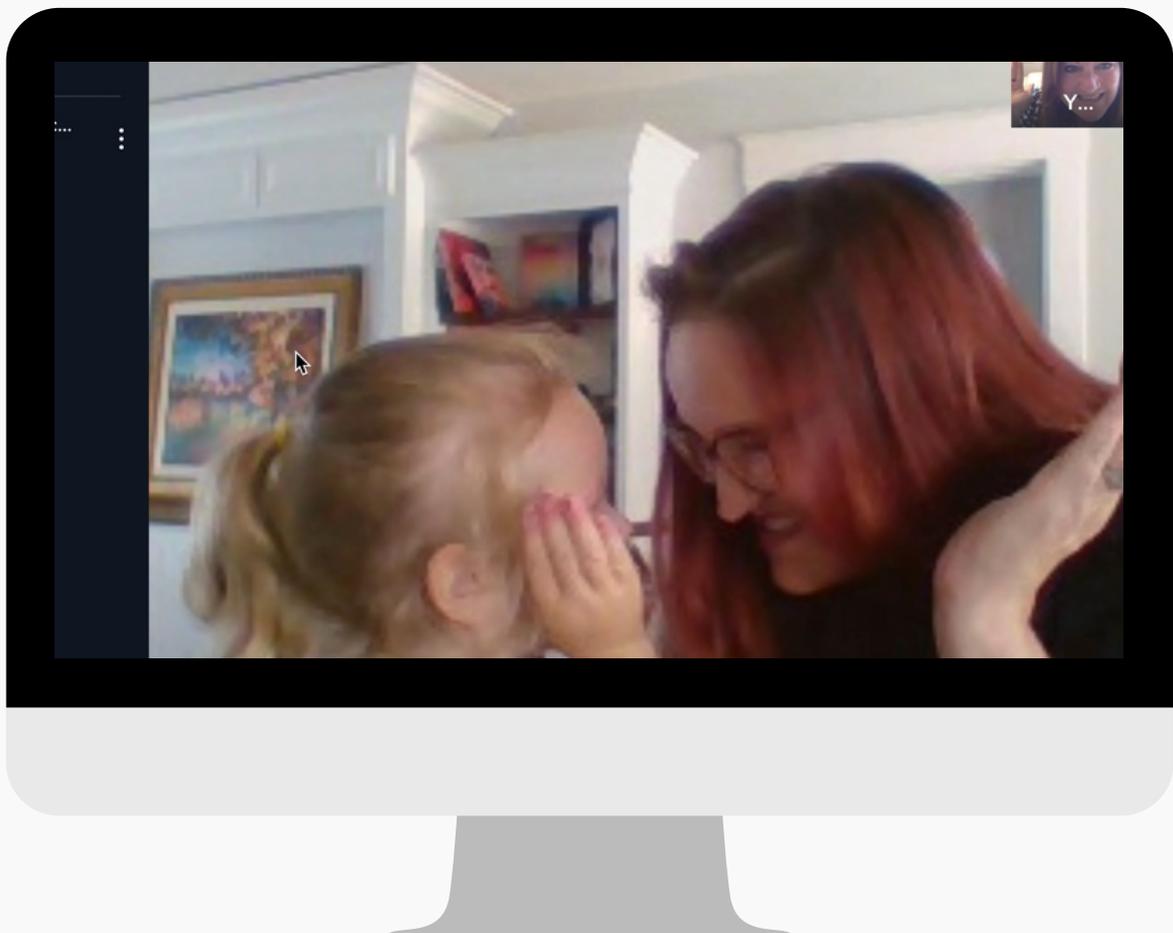


# WFLMY

## ONLINE PLAY THERAPY TECHNIQUES



*to support your child & Teen clients*  
**during COVID-19**

hosted by Jackie Flynn, EdS, LMHC-S, RPT  
Registered Play Therapist

**Dear Child Therapist,**

**Each play therapy technique/directive/activity presented in this training has the potential to greatly support your clinical work online during this global pandemic.**

**However, deep emotional healing and growth ultimately occurs when there is a safe and secure emotional connection between the child and the therapist.**

**Focusing on the your therapeutic presence with a trusting and predictable relationship with your clients can support a sense of safety, which is paramount, especially during these uncertain times.**

**These techniques that I teach you in this training are secondary to truly being “WITH” your clients.**

**When child therapists attune with clients these play therapy techniques embody so much more healing potential.**

**So engage more, talk less and listen more. And, notice the seemingly endless amount of therapeutic benefits of PLAY Therapy.**

**Take care,  
Jackie**



**PLAY THERAPY COMMUNITY<sup>®</sup>**

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## 5-4-3-2-1 SENSORY GROUNDING

### **Materials:**

- 5-4-3-2-1 Sensory Grounding Sheet

### **Preparation:**

None

### **Directives:**

"Let's look at this 5-4-3-2-1 activity."

- What are 5 things you can see?
- What are 4 things you can hear?
- What are 3 things you can touch?
- What are 2 things you like to smell?
- What are 1 thing you like to taste?



5-4-3-2-1 SENSORY GROUNDING SHEET

# 5-4-3-2-1!

Name \_\_\_\_\_



5 THINGS YOU CAN SEE

Name \_\_\_\_\_



4 THINGS YOU CAN HEAR

Name \_\_\_\_\_



3 THINGS YOU CAN TOUCH

Name \_\_\_\_\_



2 THINGS YOU LIKE TO SMELL

Name \_\_\_\_\_



1 THING YOU LIKE TO TASTE



## "MY BODY" SOMATIC SENSATIONS

### **Materials:**

- Body Scan for Kids Image

### **Preparation:**

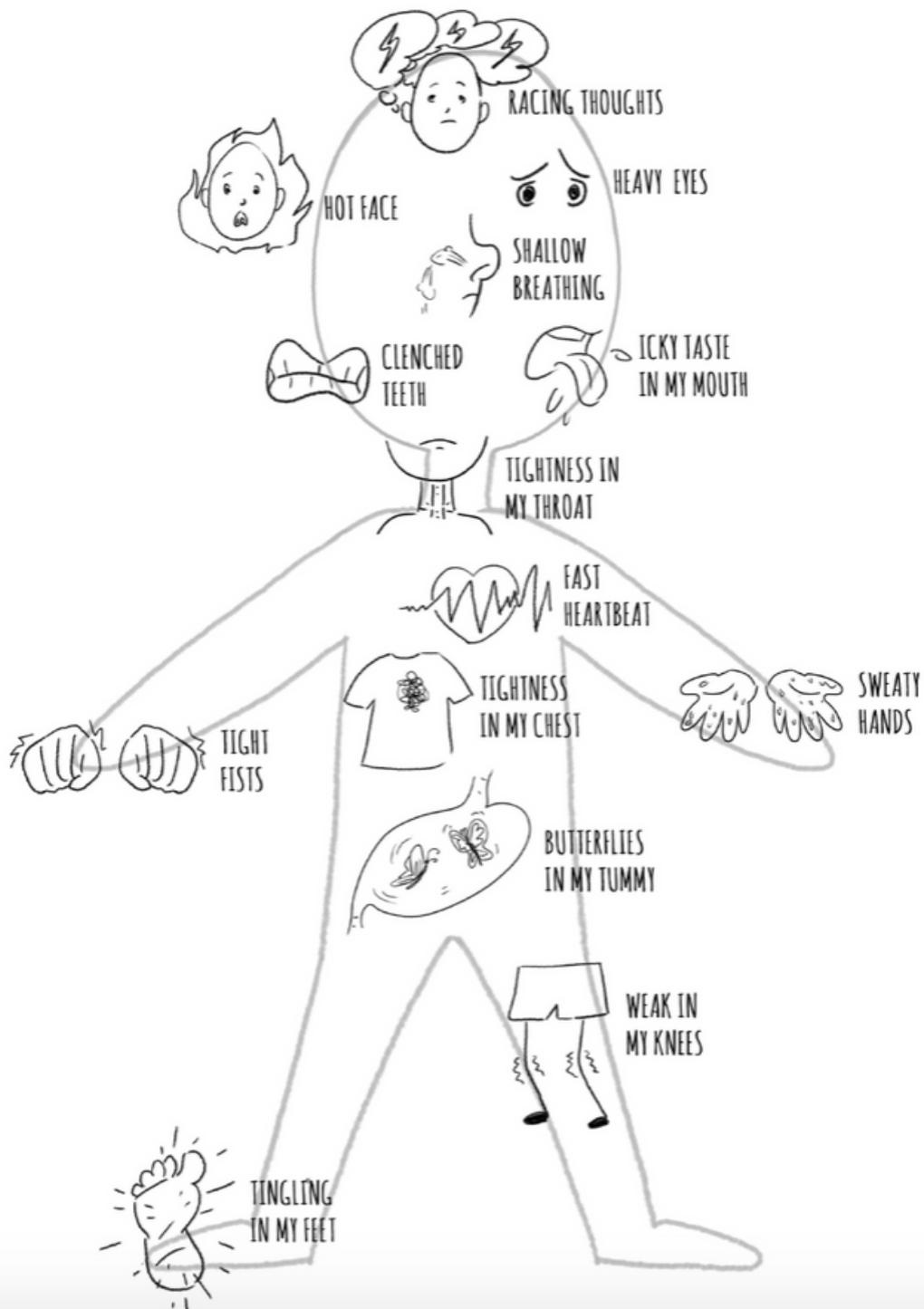
Discuss the different feelings in the body. Jog in place for 30 seconds to feel the heart-rate increase. Rub hands together to feel the heat sensations . Discuss the body scan image and how we can feel emotions in the body."

### **Directives:**

"Scan your body. What are you noticing in your body when you think about \_\_\_\_."



# Body Scan



# MY MANY BATTERIES

## Materials:

- My Batteries Handout
- Crayons or Colored Pencils

## Preparation:

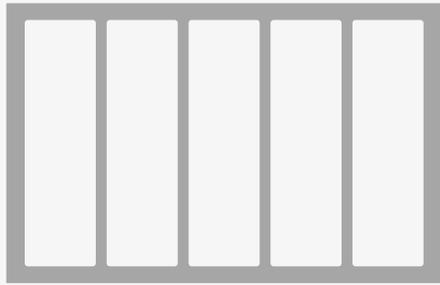
None

## Directives:

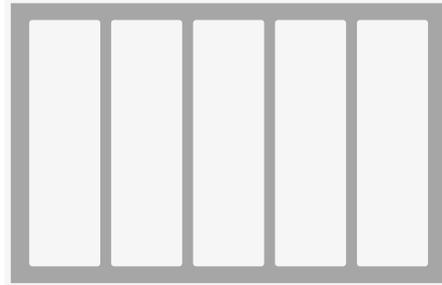
"Just like our electronics, we need charging sometimes. Here's a sheet that shows the different areas of our life. How are you charged in each area? Color the amount of charge in each battery. What can recharge you when your battery get's low."



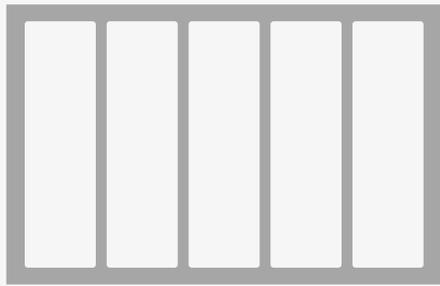
# My Batteries



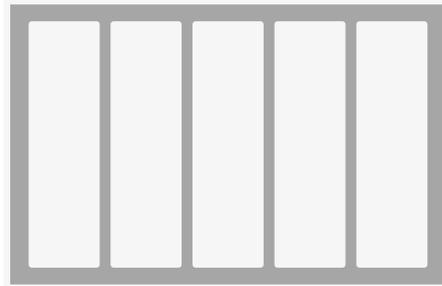
School



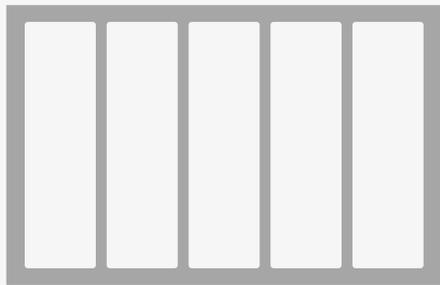
Family



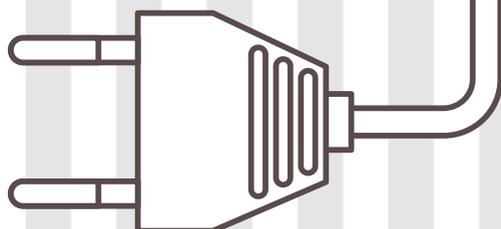
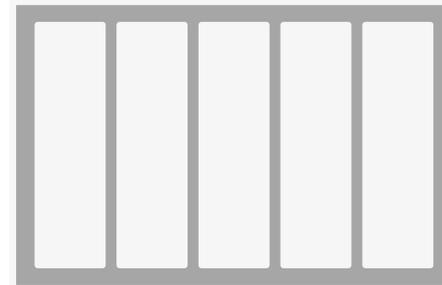
Physical



Friends



Emotional



(Credit: Dr. Matthew Munyon)

## BUTTERFLY HUG

### **Materials:**

- None

### **Preparation:**

None

### **Directives:**

"Cross your arms and tap slowly on one side, then the other while taking some deep calming belly breaths."









## ABOUT THE HOST: JACKIE FLYNN, EDS, LMHC-S, RPT



Jackie Flynn is the founder and director of a private practice in Central Florida and an internationally known consulting business, EMDR & Play Therapy Integration Support, LLC. She is a Licensed Psychotherapist, Registered Play Therapist, Trauma Therapist, Couples Counselor, Education Consultant, and Parent Coach. She is the creator of the following imagery books: Jack Feels and Animal Imagery: EMDR Inner Resource Development. Her passion for helping children and families in a variety of settings inspired her to open a private practice where she provides caring, thoughtful counseling and therapy to individuals of all ages, families, couples, and groups. As a proud veteran of the US Army, a Give an Hour Provider, and a Certified EMDR Therapist and EMDRIA Approved Consultant, she is passionate about helping people heal from traumatic experiences and move towards a happier, healthier life. She has special interests in Anxiety, Depression, Adoption, Grief, Relationship Struggles, Learning Disabilities, and Attention Deficit Disorder. Jackie earned an Education Specialist degree in School Counseling from University of Central Florida and Graduate Certificates in Play Therapy and Nonprofit Management. Prior to her current work at Counseling in Brevard, she was honored to be the School Counselor at Sculptor Charter School in Titusville, where she currently serves on the Board of Directors as the Parent Representative. Jackie is also the creator and host of Play Therapy Community and Parenting in the Rain Podcasts.