

40 Games in One: Guiding Note

It is well-researched that play is a powerful tool to help children recover a sense of normalcy, connectedness, and self-worth after experiencing trauma. 40 exciting games are available in a single sheet to help children play and learn. They are easy to play and do not require any resources. Here are some tips:

Safety First

Ensure a physically and emotionally safe playing environment. If a child is visibly distressed during the game, do not force them to play.

Establish Ground Rules

Set clear rules for each game to create a structured and respectful playing environment. This promotes fairness and cooperation among players.

Simplify or Challenge

Adjust the complexity of games based on the children's age and skill level. Start simple and increase difficulty to keep them engaged.

Teach!

Explain or revise concepts before or during games where needed.

Positive Reinforcement

Encourage children when they win, but also to try again when they lose. Allow children to help each other or play games in pairs. If they get an answer wrong, ask guiding questions to lead them to the answer for a trial round.

Variations and Repetitions

Revisit games with variations (add time limits, change themes, etc). Get children to create their own variations!

Inclusive Play

Keep in mind children's abilities and backgrounds. Eg: If a child is speech-impaired, alter the game to use actions with speech.

Get Feedback

Encourage children to share their thoughts on the games. Use it for future improvements.

Incorporate Local Cultural

Play traditional Palestinian games too!

Mix Games

There are different categories of games (Literacy, Numeracy, Socio-Emotional, and World Around Us). Play games across categories to maintain interest.

