



# DOC WAYNE



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## Youth & Caregiver Therapeutic Games *Doc Wayne's Champions Network™*

### What is Doc Wayne and the Champions Network™?

Doc Wayne Youth Services is an award-winning non-profit reimagining therapy through the lens of sport. The Champions Network™ is Doc Wayne's external training program. We partner with a range of organizations, clinicians, sports coaches, and other youth development professionals and explain how to include trauma-informed, sport-based, mental health support in their work with young people.

For support on this material or more information on our offerings, you can contact us at [championsnetwork@docwayne.org](mailto:championsnetwork@docwayne.org) or [visit our website](#).

### Volleyball Bump

- a. Emotional Skills: Connection, Collaboration, and Resilience
- b. Sport Specific Skill: Pass and Receive
- c. Ages: 5-18
- d. Equipment Needed: Volleyball & Marker
- e. Considerations: Coming up with age-appropriate prompts

#### **To Play:**

With a volleyball and marker in hand, collaboratively write prompts within each “section” of the volleyball. After filling the ball with prompts, pass the ball to your partner. When your partner catches the ball, that person will then read and answer the prompt that falls under their right thumb (i.e. “What’s your favorite thing to eat? – Pizza!”)

#### **Sample prompts:**

1. What’s something you’re grateful for?
2. What’s something that helps you calm down when upset?
3. What is your favorite color?
4. What is a favorite memory of yours?

**To pass:** Consider different styles of passing to practice throughout the game. (i.e. underhand, overhand, through the legs!)

#### **Modifications:**

Consider different styles of passing to practice throughout the game. (i.e. underhand, overhand, through the legs!)

**Coach's Tip:**

This activity can also be played with a variety of sports (soccer, basketball, flag football, tennis, etc.)

**Rock, Paper, Scissors, Stretch!**

- a. Emotional Skills: Commitment and Facing Adversity
- b. Sport Specific Skill: Balance and Flexibility
- c. Ages: 7-18
- d. Equipment Needed: N/A
- e. Considerations: Physical ability/mobility and modifying stretches as needed

**To Play:**

Begin the game by standing opposite your opponent, with both of your left legs planted slightly forward (the tops of your left feet should be touching at the toes). With your left feet planted in position, complete a round of rock paper scissors. The winner of the round stays put. The person who lost the round, will keep their left foot planted forward and move the right foot back by one step, creating a gentle stretch in the legs. Continue by playing another round of rock, paper, scissors. Again, the person who loses will move their right foot back another step. With each step, the stretch gets wider for the losing opponent of that round.

**Mindful, I Spy**

- a. Emotional Skills: Emotion Identification and Emotional Regulation.
- b. Sport Specific Skill: Dependent on chosen activity
- c. Ages: 8-12
- d. Equipment Needed: Things around you (outside or inside)
- e. Considerations: Consider your environment when playing this game, are you outside or inside? Are there several items/things around you?

**To Play:**

Begin by taking a deep breath and a mindful glance around and notice the items in your vicinity. After careful observation, mentally choose one item that stands out to you. Next, describe this item using physical attributes (color, shape, etc.) followed by a feeling this item brings up for you (i.e. I spy something purple and green, small but tall, and it makes me feel calm and warm.) After the first person describes said object, the next person makes their best guess (i.e. A flower!). If incorrect, the person guessing will then complete 5 reps of a chosen sport-specific activity. If correct, the person "spying" will then complete 5 reps of an agreed upon sport-specific activity. If after 3 tries, the person fails to guess correctly, the first player can reveal their item. Take turns for as long as you'd like!