



"What Instruments Is That!?!?"

Of course, whenever I say the name of this intervention, I say it with an extremely exaggerated tone, not unlike an SNL game show host impression. The kids love this game. The point of this game is to guess the name of the instrument by hearing its sound and looking either on the iPad or with real instruments.

GOAL: *To increase impulse control, increase sibling communication, and improve cohesion.*

STEPS:

1. **Lay down ground rules:** Clients must listen to the sound of the instruments first, take a look at the picture (or the real thing) and then **DISCUSS IT WITH EACH OTHER**
2. I like to give one warning at the beginning that goes along these lines: "If anyone calls out an instrument **BEFORE** talking it over with the team, points are automatically deducted!"
3. Using a point system (1 correct song = 1 point), discuss that points can be redeemed at the end of the game to play a preferred activity. For example, I have a few kiddos that LOVE the parachute. If they earn 8 points throughout the game, they can redeem the points for the parachute!
4. Clients take turns being the "speaker", the one who gets to voice the name of the instrument
5. Points can be redeemed at the end to "earn" a preferred activity.

KEY ELEMENT: The key element in this intervention is within the discussion between clients. This is where I find myself most actively listening to what each is saying and supporting positive problem-solving skills.

ADAPTATIONS:

1. Make this more difficult by hiding the instruments so that clients are only guessing based on their sense of sound.

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2. Make this easier by writing and creating a song about conflict resolution or working as a team at the beginning of this experience.