

## **Group Therapy Worksheets for Youth**

Read the guideline of the activity carefully to perform it with your clients to help them reduce their stress by expressing their feelings and emotions openly.

### **Group Therapy:**

People with similar problems can benefit from group therapy since they can get support and advice from one another. In group therapy, up to eight people meet with a therapist.

### **Activity Name: Passing around the ball**

Helps in the expression of thoughts and feelings of clients.

#### **STEP 1:**

Gather all the clients on the floor in a circle

#### **STEP 2:**

Play some music in the background

#### **STEP 3:**

Pass an object around the circle, such as a ball, potato, or a pillow

#### **STEP 4:**

When the music stops, the person holding the object will express how they are feeling or thinking or they can share any personal experience.

#### **STEP 5:**

Other participants will be asked to provide feedback to the client who shared his feelings to promote a healthy conversation between them