

Name :

Date :

ENGAGING GROUP THERAPY ACTIVITIES FOR ADULTS

Complete each activity with an open mind. Mark as done when finished.
Enjoy and support each other!

Feeling Activity <i>Share your different feelings at various points in your life and listen to others' stories with empathy.</i>	
Think, Feel, Draw <i>Recall a positive experience, focus on how it made you feel, and draw it. Share your drawing and the story behind it with the group.</i>	
Complete a Bingo! <i>Choose a coping skill from the bingo card, perform it with your group, and reflect on how it made you feel.</i>	
Craft Activity <i>Create something using available materials. Decorate or craft anything with your group to express creativity and collaboration.</i>	
Mindfulness Exercise <i>Practice mindfulness by doing a deep breathing exercise with your group. Focus on being present and relaxed.</i>	
Board Game Time <i>Play a board game with your group members. This activity promotes teamwork, fun, and stress relief.</i>	
Storytelling Circle <i>Share a personal story with the group, focusing on a moment of growth or learning. Listen to others' stories and reflect on shared experiences.</i>	
Gratitude Journaling <i>Write down three things you are grateful for and share with the group if comfortable. This promotes positivity and mindfulness.</i>	
Role-Playing Scenarios <i>Play role-playing exercises to practice communication, empathy, and problem-solving in a safe and supportive environment.</i>	
Movement Activity <i>Participate in a light physical activity, such as stretching or simple exercises, to help reduce stress and improve mood.</i>	