

# Recreation Therapy

## Building Skills Through Recreation and Leisure

Token Stack

### Grade Level:

Pre-K and Up

### Materials:

A set of stackable tokens (checkers, poker chips, etc.) and at least 2 people (a third judge is an option)

### Targeted Skills:

Reciprocal Interactions

### Directions:

Examples of Conversation Starters:

- “Have you seen the show \_\_\_\_?”
- “What do you like most about your friends?”
- “What is your favorite type of food?”
- “If you could be an animal, what would you be?”
- “Hi, my name is \_\_\_\_\_. What’s yours?”
- “Did you hear about...”

Activity Preparation:

\* At least 2 people are needed to play this activity. If you have more, you may chose to select 1 person to be the judge (to judge the relevance of each player's contribution).

How to play with 2 people: (3 if you are using a judge)

1. Provide each play with a stack of tokens.
2. The first person begins by setting down a token and saying something to initiate a conversation.
3. The second person replies with an appropriate response, and places another token on top of the first one.
4. The players keep taking turns to advance the conversation while adding a token for each contribution.
5. When a player says something irrelevant or off-topic (this can be decided by the judge), the conversational flow is broken and the round is over.
6. Have the second person begin the new round by placing a token and initiating a conversation.
7. Repeat steps 4 and 5.

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How to play with a group: (judge is optional)

1. Provide each player with a stack of tokens.
2. Prior to beginning, set a goal. As a team, come up with a number of tokens to strive for.
3. The first person begins by setting down a token and saying something to initiate a conversation.
4. The next person replies with an appropriate response, and places another token on top of the first one.
5. The players keep taking turns to advance the conversation while adding a token for each contribution.
6. When a player says something irrelevant or off-topic (this can be decided by the judge), the conversational flow is broken and the round is over.
  - Were you able to reach or exceed your goal? – **WAY TO GO!** Decide if your group would like to keep the same goal or change it. Have the second person begin the new round by placing a token and initiating a conversation and continue with steps 5 and 6.
  - Did you fall short of your goal? – **THAT'S OKAY! GREAT TRY!** Discuss as a team what could have been said to keep the conversation going and try again. Have the second person begin the new round by placing a token and initiating a conversation and continue with steps 5 and 6

Activity concept from: <https://www.parentingscience.com/social-skills-activities.html>

