Looking For A Fun & Healthy Activity To Do With Children? Try The “What If” Game!

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Checking in with our children about how they are feeling and connecting with them about their interpersonal safety has become increasingly important and equally challenging during the pandemic, as we try to balance serious topics with fun and healthy activities. The current environment is a perfect platform for discussing various scenarios, especially ones we may have never thought were possible before, and how our kids might react to them.

The “What If?” Game is a great way to pose possible situations to children that they may face in life and would need to solve. By playing the “What If?” Game, we are empowering our children to develop positive decision-making skills and giving them the confidence they need to problem-solve on their own. This activity helps build resilience, which is crucial for overcoming obstacles.

The “What If” Game provides unlimited opportunity to strengthen bonds with our children, and can ultimately help protect them from abuse. Building this bond is essential to their safety - and not hard to do! Now more than ever, we can use current daily activities and common environments as situational safety themes for discussion: At Home Safety, In the Car Safety, Out-and-About Safety (Personal safety). Here are some supportive guidelines and reminders for the “What If” Game from Darkness to Light: https://www.d2l.org/what-if-game/