



BOOM BOOM ANGER BALLOON

INSTRUCTIONS FOR: Therapeutic Use of BOOM BOOM Balloon Game

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**Needed: 1 Boom Boom Balloon Game Other Versions: Stick Game, Star Wars Death Star);
Includes balloon rack, balloons, sticks, and die.**

Printed and cut cards for appropriate age group. (came with this download)

Set Up Instructions

1. blow up the balloon, tie, secure it in the rack., and put the "click" sticks in place
2. set out the die and the appropriate age level of cards or talk prompt instructions.

light blue = lower elementary - dark blue = upper elementary/middle

This can be done with the client to practice following instructions, build rapport, build self esteem, or before they arrive to allow for more time for play and talk.

Play Instructions

Lower Elementary

Each time someone takes a turn, they must answer a question before rolling the die and discard the card.

Upper Elementary

Each time someone takes a turn, they must draw a card and answer the question corresponding to the number they roll. The card goes on the bottom of the deck.

Follow normal game instructions from this point

Therapeutic Tips

If playing in an individual session you can play cooperatively or the counselor can answer questions on their turn modeling for the client. while keeping any self disclosure therapeutically appropriate.

You can also use numbers on dice for any turn where a balloon doesn't pop to "keep score" for clients motivated by more competition

For a more conversational game use the talking game game instructions that are included seperately.

