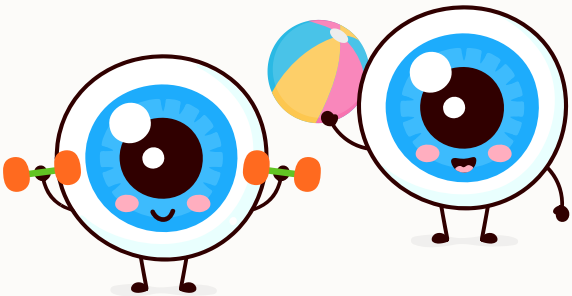
EMDR For Kids

Mini Card Deck



EMDR Inspired Games, Activities & Movement for Kids

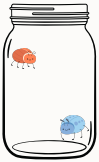
About this Deck

This printable Mini EMDR Card Deck is a supplemental tool for EMDR Child therapists to engage children in the 8 phases of EMDR Therapy.

Print and cut the cards out to engage little ones in EMDR inspired activities, games &movement

Activity

Container



Let's imagine that we can put all of our hard feelings, memories an things that are bugging us in a container! Use your imagination to come up with what your special container will look like hold and keep these hard feelings and memories until you are ready to work on them.

Activity

Happy Place

Imagine a place where you feel happy. This place can be real or imagined. For example, it can be a place you have gone on vacation, or it could be a magical castle in the clouds. Use all five senses (sight, sound, smell, taste, touch) to describe your happy place. Optional: With your EMDR therapist, use back-and-forth movement to strengthen your happy place.

Activity

Light Stream

Think about a problem and notice how it feels in your body. Describe the shape, size and color of the problem in your body. Next, pick a color for healing, and imagine this color filling up your body. As you take deep breaths, imagine that you are breathing in the color of healing. As you breathe out, imagine the color of the problem leaving your body.

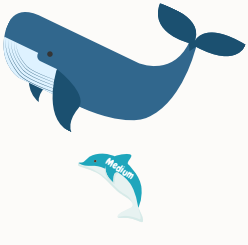
Activity

Safe, Calm Place

Imagine a place where you feel safe and calm. This place can be real or imagined. For example, it can be a cozy corner of your house, or it could be a magical place from your imagination. Use all five senses (sight, sound, smell, taste, touch) to describe your safe calm place. Optional: With your EMDR therapist, use back-and-forth movement to strengthen your safe, calm place.

Game

Small, Medium, Big



With your therapist, take turns naming a problem or something that bothers you. Take turns rating if this problem is small, medium or big for you!

Game

EMDR Hopscotch

Create a hop scotch game indoors or outdoors to hop and jump for bilateral stimulation! You can be creative and use tape indoors or go outside and use sidewalk chalk.

Game

EMDR Simon Says

Take turns with your EMDR Therapist playing "EMDR Simon Says" for each set of bilateral stimulation or "back and forth movement" during EMDR Therapy. For example "EMDR Simon Says run in place for 20 seconds."

Game

EMDR Jump rope

Create "back and forth movement" by jump roping! During EMDR Therapy, you can use the jump rope to jump side to side or challenge yourself to jump on one foot and then the other.

Movement

Butterfly Hug

Step One

With your palms facing up, cross your thumbs to create a "butterfly shape." Gently flutter your butterfly wings!

Step Two

Place your butterfly over your heart!

Step Three

Make sure your butterfly wings (fingertips) are touching your collarbones.

Step Four

Tap your butterfly wings (fingertips) slowly one at a time on your collarbone about 8-10 times. Right, left, right, left, right, left, right left, right, left...

Movement

Eye Movement

Move your eyes back-and-forth. Your EMDR therapist can help you learn different directions to move your eyes.

Movement

Scribble it out!

Using your hand, scribble back and forth on a picee of paper with a crayon, marker, or pencil. Follow your hand with your eyes as you scribble.

Movement

Head, shoulders, knees & toes!

Tap back-and-forth on different spots on your body.Try tapping on your head, shoulders, knees, and toes!

Movement

Jump!

Jump up and down or side to side to create back-and-forth movement!

Movement

Dance

Turn on your favorite song & make up some back-and-forth dance moves!

Movement

March

Stand up and march in place to create back and forth movement with your legs and feet.

Movement

Drumming

Use a real drum or pretend you are drumming to create back-and-forth movements.