

Snap and Go

A Developmental Game to Promote
Awareness of Personal Preference, Creativity, and Communication



Introduction: *Games are a great way for children to acquire and build developmental capacities to support healthy thinking and learning. Children must acquire the capacity to exert personal preference as well as develop skills for creative thinking and effective communication. **Snap and Go** is a fun creative game that allows children to imagine and talk about places they would like to go if all limitations were removed. This open exploration and communication promotes children’s capacity for imagination, identifying personal preferences, making choices, creative expression, generating positive emotions of self, and communication.*

Directions: The client is prompted “Think of a place you would like to go and what you would like to do – right now – if you could go anywhere and do anything. When you have the idea in your mind, **Snap your fingers and Go** there in your imagination. Use your voice [or draw or write] to explain where you are, what you are doing, and who is with you.”

Adults can engage the child in meaningful conversation about what is most special about that place? That activity? What time of year? What is the weather? What is the time of day? Is it a busy place or a quiet one? Are there cell phones and computers there? Or is this place filled with nature? Does this place remind the child/youth of a real place or activity from the past? Or is this totally made up in the imagination?

Investigate with the child/youth the body feelings or sensations associated with being in that place or doing that activity. Is it exciting? Does it increase heartbeat? Or is it calm? And does it slow down rate of breath? Does it feel exciting? Rewarding? Proud? Important? Relieved? Happy? Grateful? Victorious? Joyful? Loved? Appreciated?

