

The “What If?” Game

Sometimes children are upset by situations at home or school. The “What If?” Game is a fun way to think about what to do in certain situations. Playing the game with children helps them to practice mentally what they could do in different situations. It helps them to learn to anticipate, to think ahead and to come up with ideas. Make some “What If” situations playful and fun. Also encourage children to make up “What if” situations for parents and caregivers to answer. Give children time to think about what they might do. If needed, you might prompt with a comment that includes the answer. Be patient and don’t focus too much on the answers.



For children under five years old

What If someone is playing with a toy you want?

What If someone takes a toy away from you?

What If your brother changes the TV channel when you are watching your favourite program?

What If your little sister pushes over the tower you have been building?

What If it rains and you can’t go on the picnic?

What If you break someone else’s toy?

What If you could borrow an animal from the zoo today?



For children six to nine years old



What If you answer the front door to a stranger?

What If you forgot your lunch at home?

What If you could choose what we have for dinner tonight?

What If you wake up in the night and you smell smoke?

What If you are home and someone gets sick or hurt?

What If you are shopping with your mom and you get lost?

What If you miss the school bus?

What If a big kid steals your lunch money?

ANOTHER SUGGESTION!

Make up your own “What if” questions, based on the age and interests of your children. Or try the “What Else?” Game. It is more appropriate for children from six to nine years. It builds on the “What If?” Game by asking, “What else could I do?” When a “What If?” question has been answered, parents can ask, “What else could you do?”

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