



Adolescent Activities List

Note from Taking the Escalator Author – I ran adolescent groups and intensive outpatient programs for many years using Taking the Escalator as the primary source and I have had consistently had positive outcomes using these tools. On occasion you may need to modify an activity or at least adapt your approach when using an activity for it to be used effectively with adolescents. For example with a newer less cohesive group it is best to pick more simple and straightforward choices. There are other activities that seem to almost always get a positive reception from teens in group every time. Again, if you make an effort to be creative and engaging you can make a large percentage of the existing Taking the Escalator materials work well with adolescents, however, below is a list of topic areas and a list of specific activities that are field-tested with adolescent groups that should help you get started

All of these topic areas and group activities can be found on the [Taking the Escalator: Group Activities by Topic](#) page.

Topic Areas from Taking the Escalator that Adolescents Take an Interest In:

**These topic areas can be found in BLUE on the [Taking the Escalator: Group Activities by Topic](#) page.*

Accountability and Responsibility

Adolescent/Young Adult Specific

Anger Management

Attitude

Checking In

Cohesion Building for Groups – **This is a great place to start with more challenging adolescent groups*

Decision Making and Ethics

Defense Mechanisms

Feelings, Thoughts and Emotions (General)

Insight Building - Basic, (Early Stage)

Values, Honesty and Integrity

Again, keep in mind this is just a list to get you started looking for adolescent material. The next list is a list of specific Taking the Escalator activities that have a history of a great success rate with adolescent groups, even with challenging or resistant teens:

See next page for activities list for adolescent groups:



Effective Adolescent Taking the Escalator Activities: *(No particular order)*

Self Ratings Scale (The Lanni Scale)	The Last Three
The Insight Game	POVA – Point of View Adjustment
Life Jeopardy	Keeping it Real
Adolescents: Risk Factors	Pick a Card
Adolescent Substance Use Group (Multiple Choice)	Simple Insight Inventory
Anger Discussion Sentence Completion	“Must Haves”
Garbages and Gardens	Resilience
Lifeboat Activity	Self Value
Progress Report	Coping with Stress
Topics for Art or Journaling	Alligator Fever
Adjective Anecdotes	Desert Island
Care or Don't Care Icebreaker	Duplicity: The Story of Addy
Choose or Lose Icebreaker	Check In
Cohesion Cards	Top 3
Grab Bag	Values and Choices
The Honesty Game	Empathy Moments
One Thing	Happiness Factor
Slips of Paper	Thoughts and Feelings
Telehealth Specific Group Cohesion Building	How High Was I...How Low Did I Go?
Unique	Decision-Making and Ethics

*Keep in mind that you can quickly find any activity on the [Taking the Escalator: Group Activities by Topic](#) webpage by pressing **CTRL and F** at the same time then entering the activity name in the search box that appears*