

Hi All,

Please find a few therapeutic activities I have put together with the aim to help support children during this uncertain time. Obviously these are just ideas so please do feel free to adapt them to best suit the children you are working with. I hope some of them may be useful to you at this challenging time.

Take Care!

Tif xxx



Build a house – feelings surrounding hope and safety

Talk to children about what their dream home might look like. Go room by room, asking them to draw or build how it would look. During times of instability our minds often drifts to the protection and stability of a home. This metaphor can carry client through trauma and can also show up the child's uncertainties, providing a level of hope and safety. Ask the child questions surrounding this dream home as they create/build/draw it – Who would live with them? Where would it be located? How would you get there?

Remember your heroes

Ask children to remember their heroes – these could be in real life, a book or from a film. Ask the children to think about a time when things were tough and think about how these heroes made it through. What helped them succeed?

Ask children how are you and your heroes the same?

Ask them to draw themselves as a hero!





Make a toolbox

Ask children to think about their special coping skills and what they look like? Ask them to fill a bag/ basket with tools they have drawn/ painted or created. Ask children how do you use them? Who uses them? What do they repair?

Make a plan or map

Ask children to think about how they will navigate through this difficult/unusual time? Plan for the day/ events/ this situation with the child. Ask the children to create a map on a large piece of paper – you could use collage materials and think about including different textures to represent the different places and feelings.



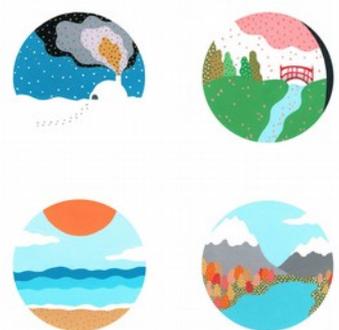
Two hands



Help children to trace both of their hands. On one hand ask the child to illustrate things they want to let go of and on the other talk about things they want to carry with them. Ask children what do you need both hands for? For example, decorating a cake - think about how sometimes you may need to think about the difficult and the positive. Encourage children to think about balance.

Seasons

Ask children to think about what the seasons feel like and ask them to draw this.
Ask children what is there to comfort them in this season and what are the struggles? For example, you could think about how summer is nice because it is sunny but how the sun can be harmful and we may have to stay indoors. Ask children if they can make up a season for this time? Could it be called Corona Season – think about what do we usually do at this time/what are we doing now?





Safe Place

Start this with a bit of mindfulness – deep breathing/ meditation perhaps to music?

Ask the children to envision a safe space they can go to in their minds when things are chaotic. Draw what this space looks like. Talk about the details, practice mindfulness. Talk about how when feeling anxious the children could say things like 'I need my private island now/ I need my safe space in the middle of the clouds'

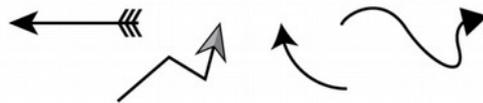
Listen and Respond

Read a quote to children and ask the children to respond without words ask them to draw instead!



The arrow – Thinking about this current time is – what might the future look like today, tomorrow, next week and beyond!

In order for an arrow to be launched forward, it must first be pulled backwards. Ask child to draw what they might be being pulled into and what they could be launched forwards into. Ask questions... What tools would someone need to shoot an arrow? How can you adjust an arrow's course? How can you aim higher, further, more true? Be creative with the metaphor.



Steps - What small steps can we make to help us?

Ask children to envision a set of stairs. Do a mindfulness exercise asking children to climb the stairs in their minds and explain that at the top there is something waiting for them. Ask the children to describe what this is. Now ask children to envision starting back at the bottom step. What is the first and most minimal thing they can do to begin this journey/ this time of change? What comes next? Speak with the child and make achievable goals together.



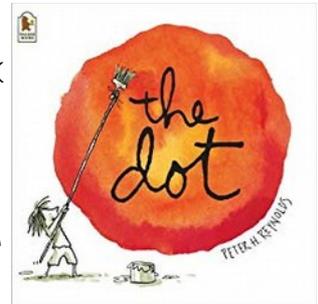


Butterflies in my stomach – Thinking about anxiety, worry and nervousness

Talk about the expression and discuss what it means. Give children an outline of a butterfly – ask them to divide this into four and ask them to paint or colour each section as they like. On the back of each section ask the child to write one positive way to cope with feelings of anxiety/worry/nervousness. As a group discuss and share coping strategies.

Connecting the Dots – We are in this together

Give the children paint brushes, paint and paper. Ask them to put dots around the paper using whatever colours they like, ask them to not allow them to touch one another. Ask the children to imagine they are one of the dots and the other dots are people the child knows such as family, friends and members of the community. Talk about feelings surrounding this - discuss what keeps us separate from each other at this time, (social distancing and self isolation). Ask the children to then keep adding dots till the whole page is covered. Point out that the dots are now connected and perhaps are more beautiful this way? Discuss the value of friendship, helping one another and that people need to be connected to one another during challenging times.



Write a card – Thinking of others

Speak to children about the people they think that could be vulnerable or people they are worried about at this time. This could be older people in their families, neighbours with illnesses or even people in local old peoples' homes. Children to write in and decorate cards to brighten up someone else's day.

