Supplemental Activities for Field**
(activities)

THERAPEUTIC ACTIVITIES/ IDEAS FOR DISCUSSIONS FOR CHILDREN OR YOUTH WHO ARE AT HOME

Pick a character from your favorite movie or favorite cartoon that most reminds you of yourself? Who did you pick and why? How is this character like you? Are there some things about this character that are not like you?

(You can revise this question and ask the student to pick a character who is most like a parent or sibling or best friend)

What is it like being in the .... (Fill in whatever grade you are in) grade at your school? What are the teachers like? How would you compare the grade you were in before to the grade you are in now? Do you have different friends this year? What is easier or harder this year compared to last year?

If you were the principle at your school, what rules would you change? What rules would you keep the same?

If you had the power to make all the decisions in your home, what rules would you change? What rules would you keep the same? If you have a sibling, would the rules be the same for him/her?

Since you have been home, are there any rules in your house that have become stricter? Are there any rules that have become more lenient? Or are all rules the same as before? If there are changes in rules, do you like them or do you not like them?

Do you miss school? Or are you enjoying being home?
When you return to school, who will you be the most happy to see? What do you look forward to doing?

Draw a picture of the most fun thing you wish you would be doing right now

Play your favorite song and ask someone in your home to join you in dancing to the favorite song

Say something nice/ complement 2 people in your home today

Think about a song that best describes something about you. Which song did you choose? What is it about the song that reminds you of yourself?

think of one word that describes you for each letter in your first name. It's alright if you cannot think of a word for a particular letter in your name- just try your best (for example, for Robert you could say responsible, organized, brave, energetic, etc...)

(the client can do this same activity using their best friends name, a parent, or a sibling)

Each evening, write down one word that describes how your day went?

Help someone in your home with a chore or task today

Exercise for 30 minutes today. Instruct client to do a specific amount of jumping jacks/ push ups/ sit ups, etc.

What is your favorite room in your house? What room do you spend the most time in? What is it about this room that you like?

Write a poem/ song/ story about a happy/ embarrassing/ sad/ angry/ proud moment
Look out your window, write a description/story/poem, of what you see

Draw a picture of an animal that best describes you

What are your opinions on the following: (you can add to these ideas)

- Students should be able to eat candy or whatever they would like to eat for lunch at school as long as they bring it in for themselves
- There should be no dress code at school, students should be able to wear whatever they want
- If someone calls you a bad name, you have a right to call them a bad name back
- If someone steals your pencil, then you should be able to take something from them
- If a student does not do their homework, they should get double the homework for the next day
- Children should have no specific time to go to bed, they should be able to go to bed whenever they want, as long as they wake up in time to go to school the next day
- Do you think that there should be a strict rule around allowing young children to play violent video games? If you agree with this, what age do you think that kids should be allowed to play violent video games?
- Agree or disagree, children should not have televisions in their rooms, this is a distraction from doing their homework and sleeping
- Agree or disagree, listening to songs with bad words can influence children to say bad words
- Agree or disagree, the more you read, the smarter you will be
- Agree or disagree, the more you exercise the healthier you will be
- Agree or disagree, boys are better at sports than girls

Claire's best friend is Victoria. They have been best friends since kindergarten. They are always together at school and they always eat lunch together. One day when Claire goes to the cafeteria to eat lunch, she notices Victoria eating lunch with someone else. Claire becomes very sad and decides to eat lunch by herself at a table in the far corner of the cafeteria.

Other than feeling sad, what are some other feelings do you imagine Claire might be experiencing?
Do you think Claire did the right thing by eating lunch by herself?
If you were Claire, what would you do?

Yesenia is a mom with a 9 year old son. Her son's name is Chance. Yesenia really wants Chance to do well in school, and getting homework done is very important to her. Every day she asks Chance to sit down and do his homework after school. Every day after school, Chance's routine is to come home, say hello to his mom, and then go in his room to do his homework. One day Yesenia gets a call from Chance's teacher. Chances teacher tells Yesinia that Chance has not completed his homework in a month. The teacher also added that whenever she asks Chance why he has not done his homework, Chance responds by telling his teacher that he was not feeling well. Yesenia knows that Chance has not been sick in a long time.

What would you do if you were Yesenia?
What would you tell the teacher?
Would you talk to Chance about this if you were Yesenia? If so, what would you say?
Would you punish Chance? If so, what type of punishment would you give?

Bruce is over his best friend William's house. In Bruce's house, his mother's rules are less strict. Bruce is allowed to eat candy and cookies, as long as it is not right before dinner. William's parents on the other hand, are a little stricter. William is not allowed to eat candy or sweets at all, unless it is a special occasion. While Bruce and William are playing, William's mother is on the phone in her room. William's mother tells the boys to feel free to come to her room if they have any questions or if they need anything. While the boys are playing, Bruce spots a big package of Oreo cookies on William's kitchen table. Bruce asks William if they can open the package and have a few cookies. William reminds Bruce that he is not allowed to eat sweets. Bruce responds to William, saying that it should not be a problem because if William's mother did not want William to have sweets, his mother would not have left the cookies on the table. William starts to feel a little nervous because he does not want Bruce to be mad at him. He musters up enough courage and tells Bruce that he does not know where the cookies came from- but either way, they should not touch the cookies because William does not want to get in trouble. Bruce tells William that he will just take 2 cookies and his mother will not notice. Then before William could say another word, Bruce opens the cookie package.

How would you feel if you were William?
What would you do if you were William?
What do you think about what Bruce did?
Kalina and Samantha are best friends in the same kindergarten class. Although both girls have lots in common, there are some things that are very different about them. For example, Kalina is outgoing, loves to talk, and is very affectionate. In fact, every morning when Kalina sees Samantha, she greets Samantha with a big hug. Samantha, on the other hand is very shy. Although Samantha really likes Kalina and enjoys her company, Samantha sometimes feels like Kalina can be too affectionate and feels uncomfortable when Kalina gives her a hug. Day after day when Kalina sees Samantha, Kalina gives her a big hug. Samantha tries to get over her uncomfortable feelings because she is afraid if she tells Kalina how she feels, Kalina will think that Samantha does not like her anymore. One day when Kalina starts to give Samantha a hug, Samantha has an angry reaction and pushes Kalina away in an aggressive manner.

How do you think Samantha is feeling now?

How do you think Kalina is feeling?

What do you think about Samantha pushing Kalina? Do you think that was the right thing to do?

Is there something that Samantha could do differently?

If you were Samantha, what would you do?