**All sorts of things we think about**

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**Guidance:**

1. You can use this activity when you suspect the child is preoccupied by their thoughts and it is impacting on other aspects of their life. Help the child to explore and understand.
2. Draw or ask the child to draw or glue the attached image on the wallpaper.
3. Ask them to write the things they think about in the clouds.
4. Discuss one cloud at a time: school, being a teenager, birth family, foster family etc.
5. Show curiosity and wonder what you believe they are thinking about, for example…I wonder if you are thinking about…because…or I have noticed…
6. Provide the opportunity to talk and explore asking the child what they can do to help themselves and what you can do to help.

**Note:**

1. **It is really important not to ignore what they have shared with you**, **explore their thoughts further.** If you run out of time explain to them that you will explore it further on your next visit, this also allows you the opportunity to plan what you are going to do, ignoring their difficulties it is validating their already low sense of self.

**Resources:**

* Wallpaper
* A variety of pens
* Portable printer
* Life Story book
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**

 