# Direct Work with children resources

**Adoption Team Group Drive**

Go into Life Story Work folder in the Adoption Team Group Drive and click on Templates for Life Story Books. The folder contains the following direct work materials:

1. A Baby’s needs

This resource includes different pictures illustrating a baby’s needs.

1. Adoption description

This resources has very useful word and picture of what is adoption which could be particularly useful in constructing life story books for adopted children

1. Family tree

This resource helps in speaking to an adopted child about their birth family and adoptive family. It describes the birth family as the child’s roots to the family tree.

1. Famous Adopted People

This resource contains a list of famous adopted adults.

1. Feelings Template

This is a useful direct work resource which enables you to speak with a child about feelings and help develop their understanding of more complex feelings

1. Mary Corrigan exercise for talking about feelings

A useful resource to try and understand the child’s inner world but letting them complete sentences without any influence from the practitioner.

1. Seasons template

This is a great template with pictures illustrating different seasons which could be used to give a child a visual representation of how many seasons have passed since they were born.

1. The meaning of people’s jobs

This resource helps to describe the roles of various professionals such as foster carers, social workers and judges who all had a role to play in an adopted child’s life.

1. Booklist for direct work with children
2. Difficult Stories for Enfield

This resource offers suggests of words and phrases Social Workers and Adopters can use when describing difficult topics to children. There are also notes on the words and meanings we use for ourselves.

1. Map of England showing major towns and cities with their population
2. Life Story Guide

A guide for undertaking Life Story Work with children and young people

1. Life Story Work plan template
2. Post Cards
3. Words about me

This resource can be used with children in direct work to allow them to circle different words which they think describe them best. They can also add some words to the list which are not already there.

**Enfield Eye Resources**

There are a number of useful direct work resources on Enfield Eye. After opening Enfield eye click the ‘Social Tab’ After which you will see there is another tab just below ‘Social’ which says ‘Team Areas’, click on it. After accessing ‘Team Areas’, click on the Schools and Children’s Services Department and then click ‘Social Work Resources’ under the Children’s Services section on the right hand side. There you will see a ‘Tools’ section where you will have to click ‘Read More’ which will lead you to a page of direct work tools for working with children of different age groups. Alternatively you can click the links below.

1. [Adolescent well-being](http://enfieldeye/downloads/download/3671/adolescent_well-being)

This technique offers a way of understanding a young person's mental health and well-being as part of an assessment. Research has found that many young people respond more openly in a questionnaire format than when asked face-to-face about these issues.

2. [Adult well-being](http://enfieldeye/downloads/download/3660/adult_well_being)

This technique offers a way of understanding an adult's mental health and well-being as part of an assessment. Research has found that many adults respond more openly in a questionnaire format than when asked face-to-face about these issues.

3. [Alcohol use](http://enfieldeye/downloads/download/3663/alcohol_use)

This technique offers a way of opening up a discussion with a carer about alcohol use.

4. [Child-carer discussions](http://enfieldeye/downloads/download/3586/child-carer_discussions)

This technique offers a structured way for organising your discussions with the carers of young children / infants.

5. [Conversation Cubes](http://enfieldeye/downloads/download/3588/conversation_cubes)

This technique can be used to help get to know a child and for the child to get to know you - in other words, it is good for use with a child you have not met before.

6. [Daily Hassles](http://enfieldeye/downloads/download/3656/daily_hassles)

This tool can help you understand the frequency and intensity of 20 potential parenting 'daily hassles'. Parents / carers can fill it out themselves and this offers them a good way of getting involved in assessment work and of feeling listened to.

7. [Eco map](http://enfieldeye/downloads/download/3590/eco_map)

An eco map is way of representing all the people and systems that affect an individual. They can be a useful tool for assessing and understanding a child's relationships and connections. They can also help the child's family to understand what support they already have available. You can work 1:1 with a child to produce an eco map or you can work with the family group as a whole.

8. [Emotions board game](http://enfieldeye/downloads/download/3592/emotions_board_game)

A simple board game for 2 players, this technique can help you develop a trusting relationship with the child because it involves you and the child sharing information together rather. In addition, it gives the child something to focus on while you are talking about potentially difficult topics. It can be used with any child happy to play it with you but it works best with younger children (8 and under).

The basic version is often better for younger children (age 3 - 5) and the complex version is often better for older children (6 - 8).

9. [Family history](http://enfieldeye/downloads/download/3605/family_history)

This technique can be used to help you understand more about a child's family history, about the significant people and events in the family but also, when used with a family group, to observe the dynamics of the family relationships.

10. [Feelings house](http://enfieldeye/downloads/download/3595/feelings_house)

This technique can be used to help explore a child's everyday life and their family relationships. It can be used more specifically to find out more about what happens in each room of the child's home and about routines within the home.

11. [Feelings tree](http://enfieldeye/downloads/download/3597/feelings_tree)

This is a short activity designed to help children think about and reflect on their own feelings. It can be used to think generally about how the child might be feeling or you might want to link it to something quite specific (such as how they feel about school as part of a PEP review).

12. [Home conditions](http://enfieldeye/downloads/download/3678/home_conditions)

This technique can help you think about the condition of a child's home and also whether there have been improvements over time.

13. [Home made story book](http://enfieldeye/downloads/download/3606/home_made_story_books)

This technique can be used to help explore a child's everyday life and their family relationships. It can be used more specifically to find out more what the child does on a typical week, what things they highlight as important out of everything they do and whether they can make sense of their routine experiences.

This technique can take up to an hour to complete so for younger children, you may need to plan to make a home-made story book over more than one session.

14. [How do I rate?](http://enfieldeye/downloads/download/3608/how_do_i_rate)

This technique is a worksheet for children, to help them tell you how 'in control' they feel about different aspects of their life. The child can either fill it in independently or you can do it with them.

15. [Interval observations](http://enfieldeye/downloads/download/3610/interval_observations)

This technique offers a way of organising your observations of child-carer interactions. It can also help when comparing observations at different times, with the child and different people or in different settings.

16. [Observing child-carer interactions](http://enfieldeye/downloads/download/3613/observing_child-carer_interactions)

This technique offers a way of organising your observations of child-carer interactions. It can also help when comparing observations at different times, with the child and different people or in different settings. The main difference between this technique and Interval observations is that with this one, you need to look for a standard set of behaviours rather than choose your own.

17. [Pizza game](http://enfieldeye/downloads/download/3614/pizza_game)

This game involves physical touch between you and the child, with the aim being to help build trust between you and the child as the basis for future, more intensive or challenging direct work. However, you should only use this technique with a child with whom you have a relatively established relationship and so the aim is to deepen the level of trust rather than to develop any sort of trust in the first place.

The technique may also help show the child that physical contact can be boundaried and fun and involve the giving and receiving of touch.

18. [Promises](http://enfieldeye/downloads/download/3646/promises)

This technique involves making promises to a child you are working with, guided by what the child wants from you, and then keeping those promises. It is best used at the start of your work as a way of building trust (although if you do not keep the promises you make, it would also be a very effective way of not building trust).

19. [Recent life events](http://enfieldeye/downloads/download/3680/recent_life_events)

This technique offers a way of opening up discussions with individuals and families about recent events they may have experienced, such as loss, separation and death, and whether and how these events affect them in the present.

20. [School feelings](http://enfieldeye/downloads/download/3616/school_feelings)

A simple worksheet for children regarding their views of school / education. You can ask the child to complete it on their own but it will probably be more beneficial for you to do it with them as this will give you the opportunity to talk about any more difficult feelings that arise but also to celebrate with them any more positive ones.

21. [Sorting](http://enfieldeye/downloads/download/3617/sorting)

This technique is a sorting game in which the child is asked to arrange a series of statements to express how they feel about a given topic. There are several different sets of statements you can use for a range of different situations. For example, there are statements related to school / education for use as part of a PEP review.

There are also different sets for younger or older children. Some of the sets for younger children contain images as well as text.

22. [Stones in a jar](http://enfieldeye/downloads/download/3618/stones_in_a_jar)

A simple technique especially for children who might be wary of talking to you. It requires you to be a bit silly and playful but this can help the child start to trust you and for you to build a rapport. The technique involves saying a number of things about the child and having them say whether you are 'right' or 'wrong' each time.

23. [Strengths and Difficulties questionnaire](http://enfieldeye/downloads/download/3666/strengths_and_difficulties)

This technique is a standardised questionnaire regarding a child's emotional well-being. It can be filled in by the child him or herself (depending on their age and understanding), by close carers of the child and by others who may know the child well, such as class teachers. It works best when several people fill in the questionnaire regarding the same child as this enables you to get a clearer and more holistic picture of the child.

24. [Target setting](http://enfieldeye/downloads/download/3620/target_setting)

A simple worksheet for children regarding what they want to achieve at school in a range of areas. It is best to complete this worksheet with the child rather than giving it to the child to complete on their own.

25. [The bean game](http://enfieldeye/downloads/download/3621/the_bean_game)

This technique is a sensory game that you play with the chld. It works well as an introduction to other direct work techniques and for something to do when you first meet a child in what might be a longer-term piece of work.

26. [The Bears](http://enfieldeye/downloads/download/3622/the_bears)

This is a game based on a pack of cards, each one containing a picture of a bear expressing a different emotion (such as anger, happiness, boredom, frustration, laughter, shyness, fear etc). The aim would be to encourage a young person to talk about their own and other people's feelings.

27. [Three houses](http://enfieldeye/downloads/download/3623/three_houses)

This technique can be used to help a child think and express their views about their family and what life may be like for them in their household and how they feel.

This tool may also help a child to feel more comfortable with expressing their views to their social worker and may give the child the opportunity to express themselves and what they see as good things in their lives and what they are worried about without the social worker having to ask lots of questions.

28. [What makes a good student?](http://enfieldeye/downloads/download/3625/what_makes_a_good_student)

A simple worksheet for children regarding what they think makes a good student. It can be given to the child to complete on their own but you may get more benefit if you do it with them.

29. [What makes a good teacher?](http://enfieldeye/downloads/download/3627/what_makes_a_good_teacher)

A simple worksheet for children regarding what they think makes a good teacher.  It can be given to the child to complete on their own but you may get more benefit if you do it with them.

30. [What's happening?](http://enfieldeye/downloads/download/3628/whats_happening)

This is a story-telling technique in which you ask the child (or adult) to tell you what might be happening based on a series of simple drawings. The aim is not to go through every single picture with the child but to choose a selection with them (including some they choose for themselves) and ask them to say what they think the picture might represent or what they think is happening in the picture.

31. [Whose job is it?](http://enfieldeye/downloads/download/3631/whose_job_is_it)

This technique can be used with a child on his / her own or with a family group. The aim is to understand who does what jobs in the family home or what the different views might be within the family regarding the jobs that need doing (i.e. who does the most jobs vs. who does the most important jobs)?

32. [Why do I need a social worker?](http://enfieldeye/downloads/download/3653/why_do_i_need_a_social_worker)

This technique involves completing a worksheet and giving it to a young person, explaining why you are visiting them, what might happen next, what you will do with any information they tell you, what they can do if they do not want to talk to you and how they can contact you.

33. [Winnicott squiggle game](http://enfieldeye/downloads/download/3633/winnicott_squiggle_game)

This technique can be used as a way of helping a child to interpret their own emotions. It involves unstructured 'squiggling' using paper and pencils.

34. [Wishing well game](http://enfieldeye/downloads/download/3611/natalies_wishing_well_game)

This technique is a game that prompts the child (or children) to think about feelings and to focus on positive aspects of their life in a fun way. It allows them to articulate and act out their feelings in a low-pressure way. The child may choose to share their feelings with the worker but they may also choose not to.