

Leeward Kids

Counseling Resources for Kids





Welcome to Leeward Kids, Leeward's very own activity packet designed to keep our young clients engaged in counseling and continuing emotion-focused conversations while adapting to a changing schedule.

Enclosed are fun activities and prompts. I hope that you and your family enjoy what we've compiled for you! If you have any questions about the activities, please contact me at Molly@LeewardCounseling.com or at (781)205-9530.

I hope you love this resource! Enjoy!

Molly Wright, MS, NCC

Clinical Therapist at Leeward Counseling

Brainstorm: *Breaking up the day with emotional-focused games and activities*

- Have fun with this packet: read and color through it. When you're done, we'd love to hear what you liked and what you might like to see in another edition!
- Charades: an easy, DIY spin on an old favorite. See Appendix A for a sheet of emotions or characters to act out. There are some blank spaces for you to create your own.
- Twister: assign each color a feeling (red=angry, blue=sad, yellow= happy, etc.) and before spinning again, each play must share something that they associate with the designated emotion/color.
- Uno: similar to twister, assign each color a feeling and ask players to share what something they associate with that feeling.
- Watch the movie "Inside Out": talk about Riley's feelings and what ones she has in common with your child(ren). In this packet there is an "Inside Out" coloring sheet.

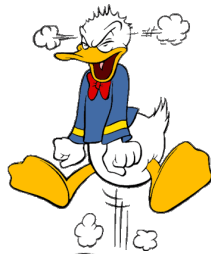
Tips for Parents

- Before beginning a game, do your best to clearly define rules and boundaries.
- When or if there is a winning and losing team, be sure to process the feelings that arise—identify and validate!
- Making the most out of your child's Telehealth counseling appointment:
 - Find a private, quiet space for your child's appointment. Try to cut down on distractions and other people around. Headphones can help!
 - Did you know that sessions can be attended on a phone as well as on a computer? To use a smartphone, just download the free Telehealth app then copy and paste the emailed URL your therapist sent.

Cartoon Character Matching

Connect the character with the emotion you think they are feeling.

Remember: there might be different “correct” answers! Explain your thinking.



Happy

Brave

Loving

Silly

Angry

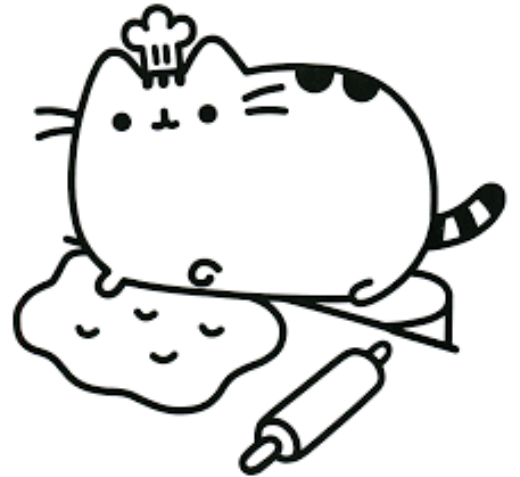
Sad

Get in the Kitchen, Get Mindful

Did you know that some scientists think that cooking and baking can be good for your mental health? They found that people who practiced mindfulness when they cooked had improved levels of self-esteem and positive mood changes. How delicious!

What is mindfulness?

Mindfulness occurs when we pay close attention to the present—what's going on right here, right now. When being mindful, check in with your thoughts and emotions. Challenge yourself to be okay with what comes up for you, the positive and negative.

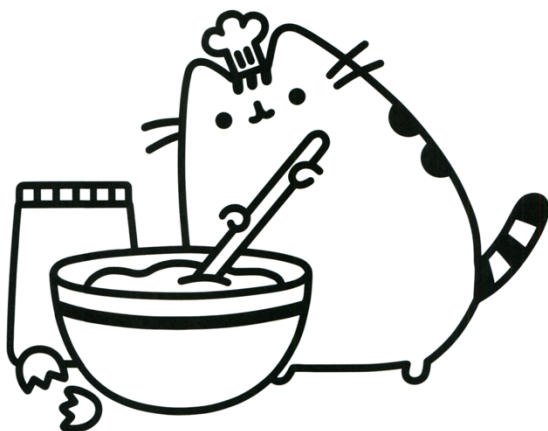


Where can I use mindfulness?

Anywhere! It can be especially helpful in places where you feel nervous or your worried. A great way to get started is by using your five senses to focus on your surroundings.

Food Fact

Did you know that the chocolate chip cookie was invented in Whitman, MA? It was even invented accidentally! What could you possibly create or invent?



Vegetable Imposters

Did you know that the following are fruits, not vegetables?

Tomatoes, peppers, pumpkins, cucumbers, eggplant, olives, avocados, zucchini

An easy way to tell if something is a fruit is if it has seeds inside

Parents, here's the website the delves into research:

<https://www.psychologytoday.com/us/blog/fulfillment-any-age/201905/can-you-cook-your-way-better-mental-health>

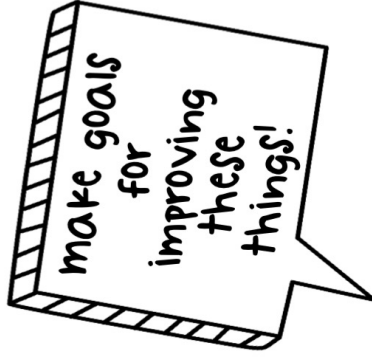
SELF CONTROL

- Choosing to do what you should do, not just what you want to do.
- Focusing on what you can control and not worrying about things you cannot control.

*Look at the things that you can control in your life. Make goals for those things.
Look at the things you cannot control. Let go of those things.*

I CAN CONTROL

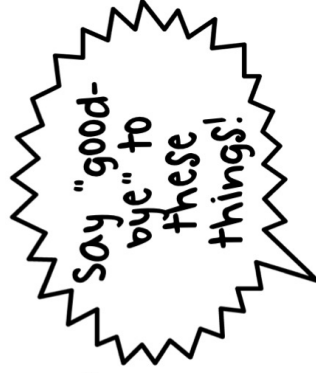
- My thoughts
- My happiness
- My actions
- who I choose as friends
- what I focus on
- My goals
- My study habits
- My effort
- My habits
- Others:



Add to this list and give specific examples.

I CANNOT CONTROL

- Other people's thoughts and attitudes
- Other people's actions
- Other people's happiness
- Other people's sadness
- Other people's anger
- The problems in the world
- Grown up issues
- Others:

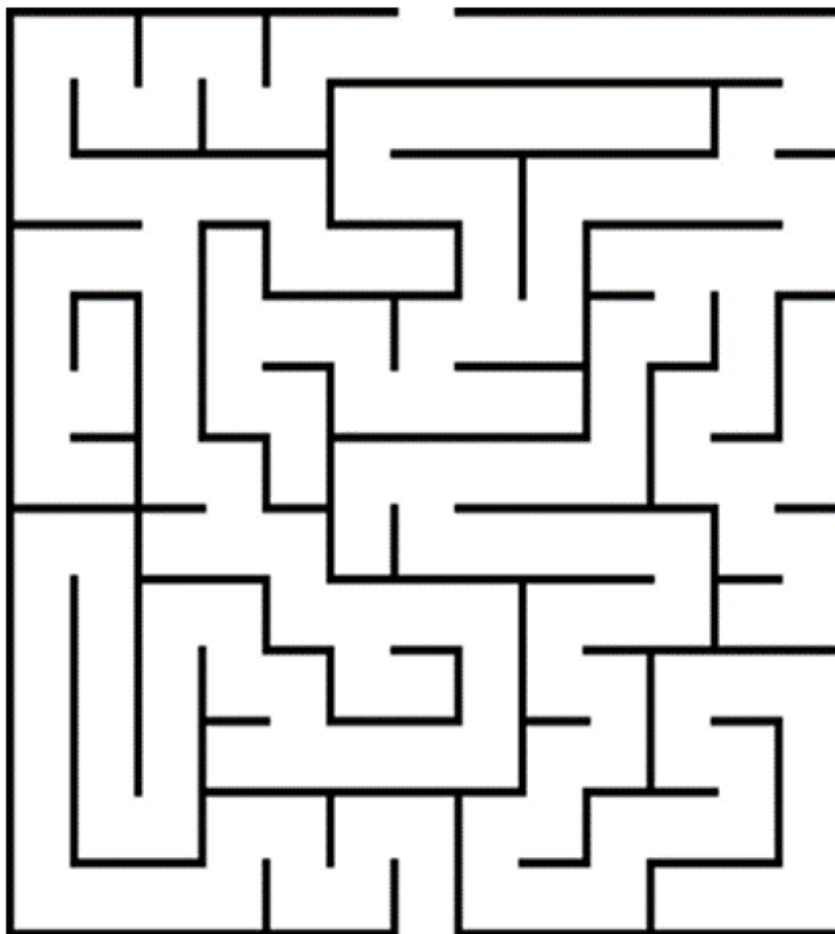


Add to this list and give specific examples.

A-Mazing Happiness

Draw a picture of yourself in the top box and a picture of something or somewhere that makes you feel happy in the bottom box. Complete the maze to connect yourself with your happy thing. Sometimes challenges and barriers get in the way of happiness, but it's so worth the extra work when we get to it!

You



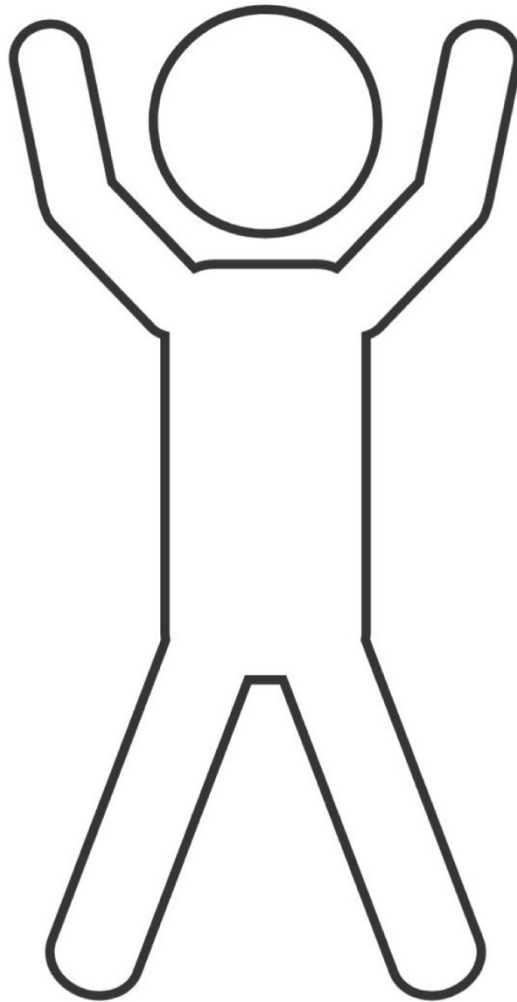
Something that
makes



POSITIVE WORDS TO DESCRIBE

ME.

Write words all over the page that describe you!



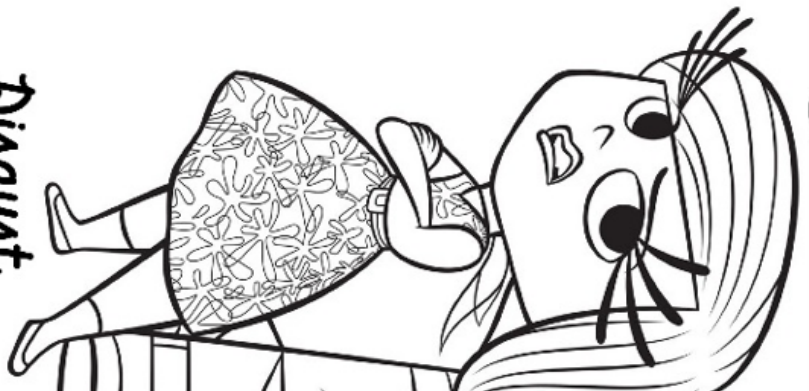
INSIDE OUT

Disney • PIXAR

*Joy &
Sadness*

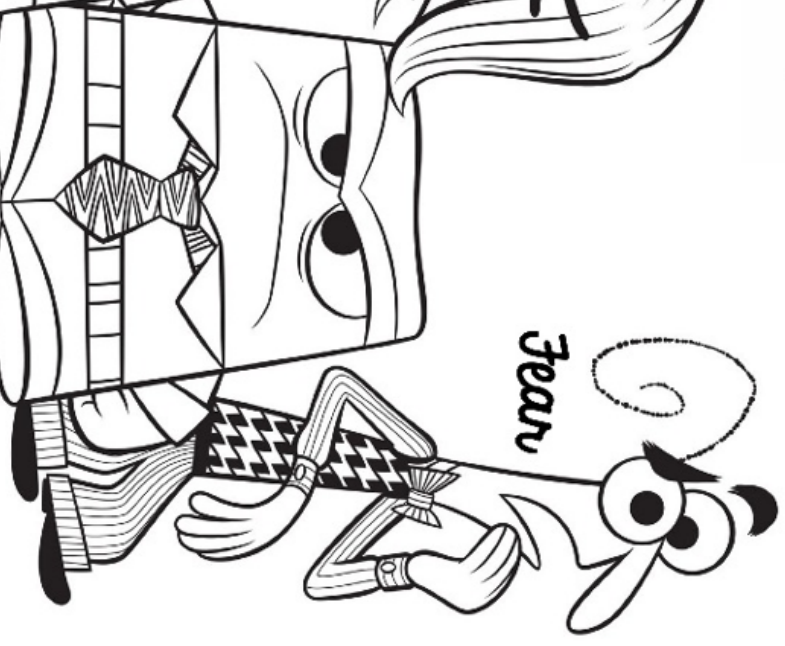


Disgust



Anger

Fear



Appendix A

Happy	Sad	Angry	Silly	Brave	Confused
Sleepy	Nervous	Excited	Bored	Proud	Surprised
Disgusted	Scared	Loving			