

Body & Mind Superheroes Activity

Play-based learning is ideal for young clients. It helps externalize and conceptualize abstract concepts like emotions and bodily sensations. The focus is on identifying 'signals,' increasing self-awareness and finding 'solutions' in a fun, engaging manner.

Work through the following steps, adapting each one as needed for the specific needs of the child:

1. Superheroes' dilemma:

Using dolls or action figures, create stories and situations where superheroes 'feel' different things (e.g., 'Butterflies in the stomach' or 'Stormy brain').

2. Trouble-spots hunt:

Ask the child some questions to reflect on how the toy 'feels.'

"What makes your superhero feel funny or upset?"

Encourage the child to show or tell using toys.

3. Super signals:

Explore how feelings shape how we behave.

"How does your superhero's body show he/she is upset or scared?"

Look for children's input about their 'signals.'

4. Hero decisions:

Work through some positive behaviors.

"What can your superhero do to feel better?"

5. Super solutions kit:

Build a 'toolkit' (box) together with items or pictures representing solutions.

For example, playing with friends, seeking support from family, asking a teacher for help, and doing things they enjoy.

Useful references

- Stallard, P. (2019). *Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults* (2nd ed.). John Wiley & Sons, Incorporated.
- Stallard, P. (2021). *A clinician's guide to CBT for children to young adults: a companion to think good, feel good and thinking good, feeling better* / Paul Stallard. (2nd ed.). John Wiley & Sons, Incorporated.

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