

Choose Your Path Adventure

We can help children understand the broader impact of their decisions by engaging them in fun games, such as this adventure-based exercise.

It encourages creative thinking and consideration of potential outcomes.

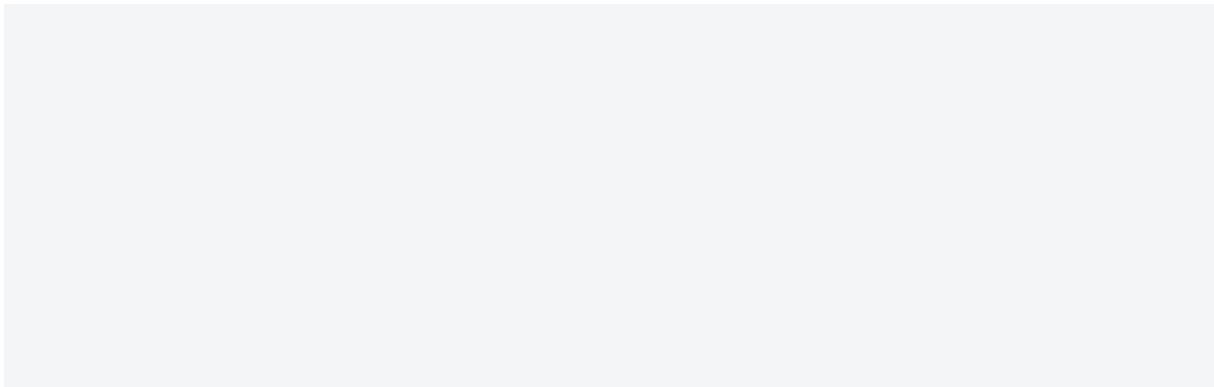
Work through the following steps with the child, modifying and adapting to the individual needs and interests of the child:

1. Adventure setup:

Create a scenario that is engaging for the child.

For example, "Imagine you're the leader of a space expedition or a jungle quest with a challenge ahead!"

Ask them to write about it or draw a picture:

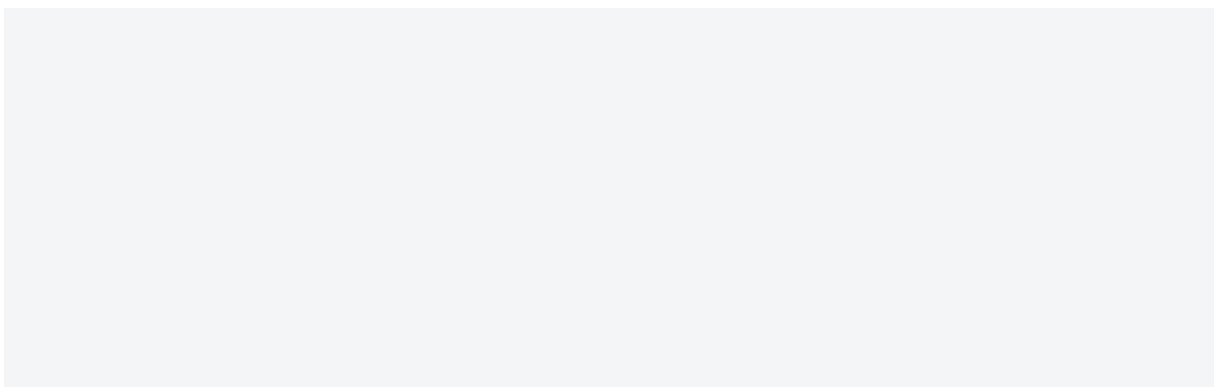


2. Thoughtful pause:

Encourage the child to take a moment to reflect:

For example, "Let's think. What's the main challenge we face?"

Ask them to write or draw about it:

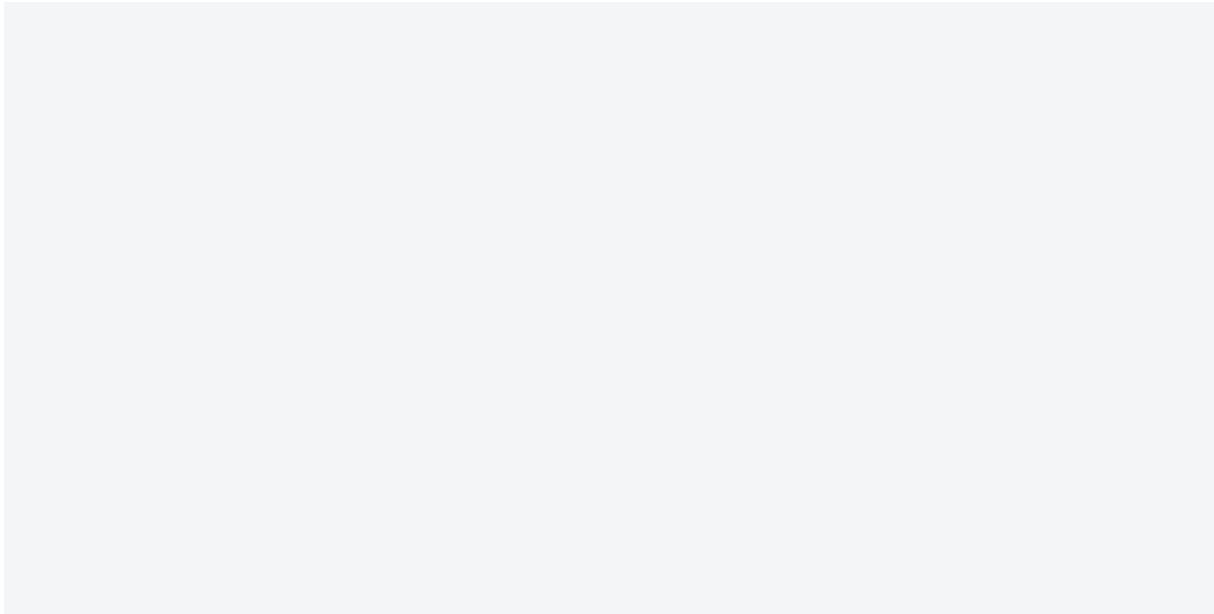


3. Explorer options:

Discuss potential actions.

For example, “What could we do? Build a shelter, seek help from the locals, study the alien planet...”

Ask them to write about or draw several options:

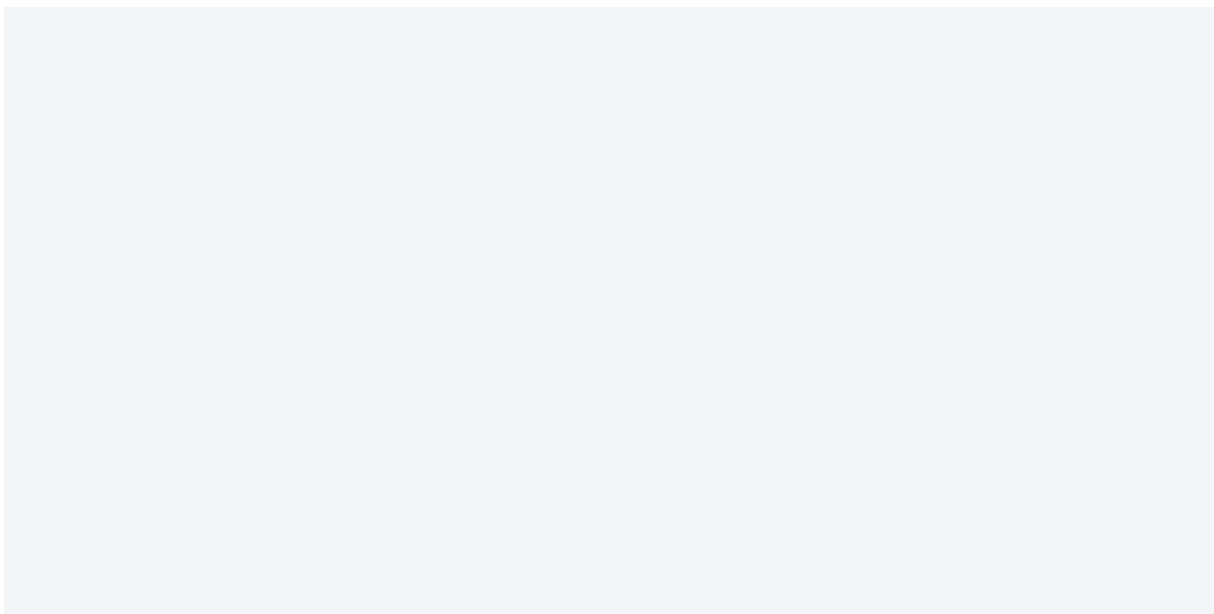


4. Adventure consequences:

Talk through each action’s possible immediate and future outcomes.

For example, “What happens right after our choice? And what happens way later?”

Ask them to write about or draw it:

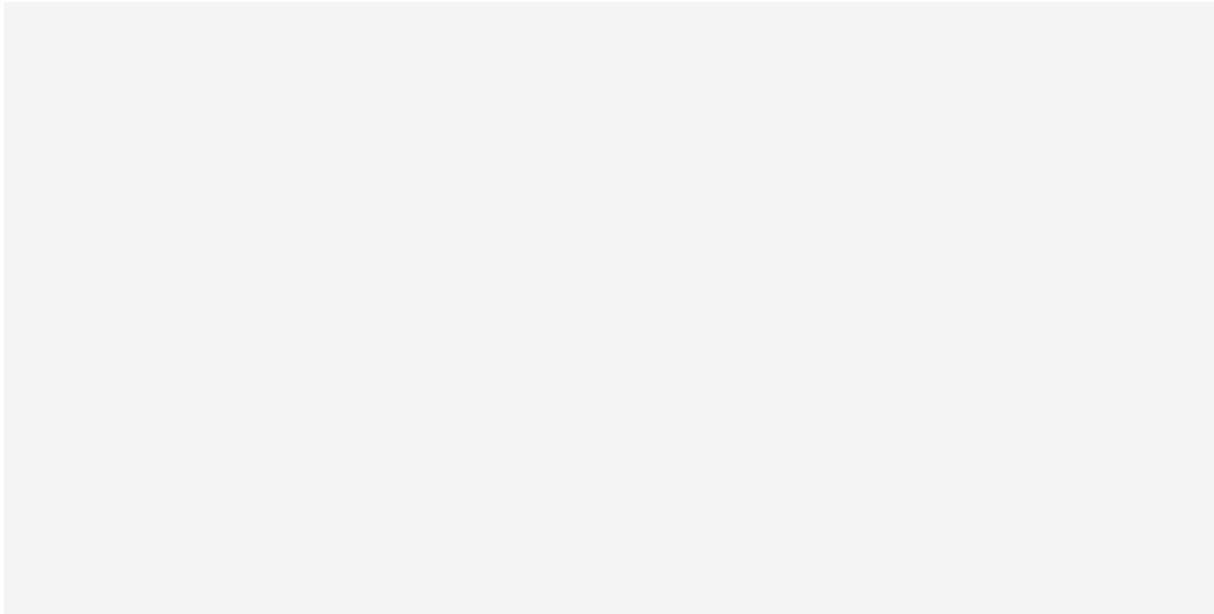


5. Leader's decision:

Encourage them to make a decision.

For example, "What should we do to stay safe and complete our mission?"

Ask them to write about or draw it:

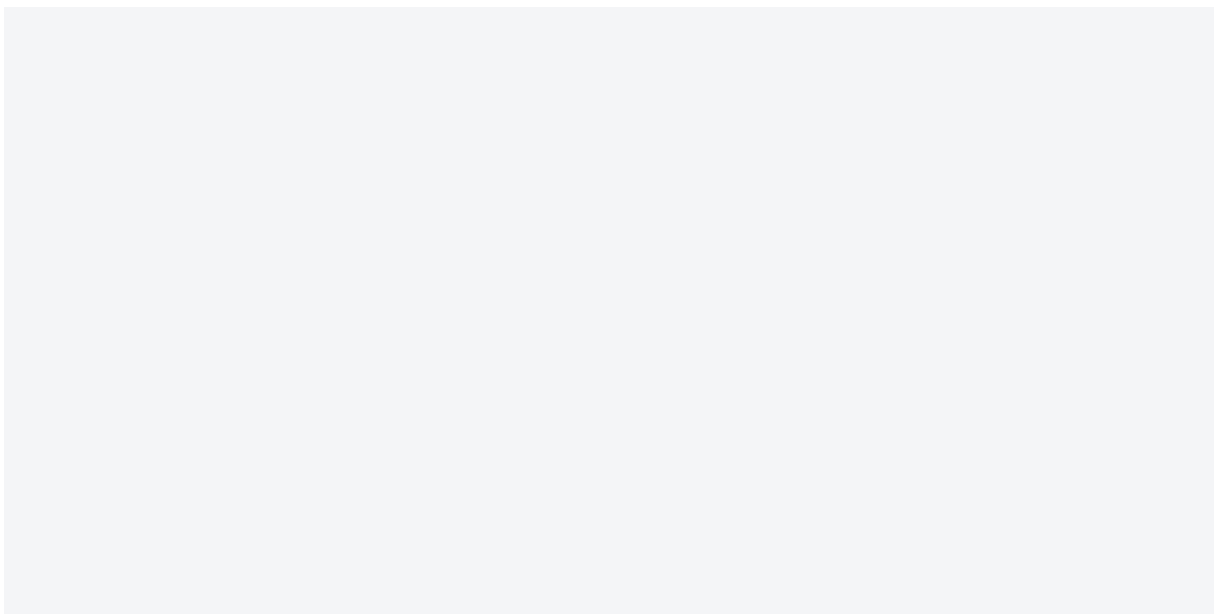


6. Adventure review:

Reflect together.

For example, "What was the result of our choice? What have we learned for our next adventure?"

Ask them to write about or draw it:



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.

Dr. Jeremy Sutton