

Fun Detective Diary

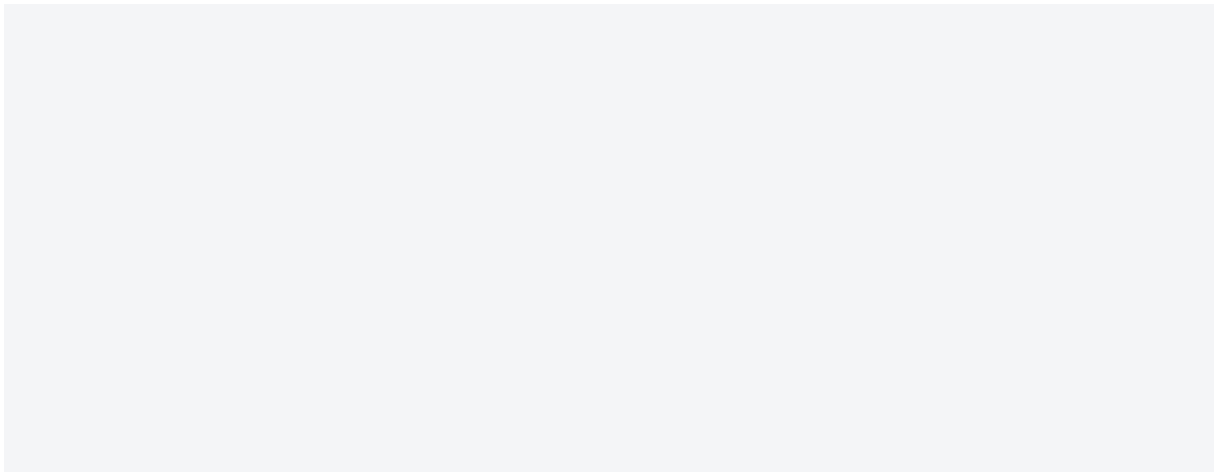
This activity encourages the child to rediscover and engage in previously enjoyed activities and understand how they impact their mood.

The detective angle turns young children into 'investigators' of their happiness, promoting autonomy and insight.

Work with them on each of the following steps (modify the language as needed):

1. Lost fun list:

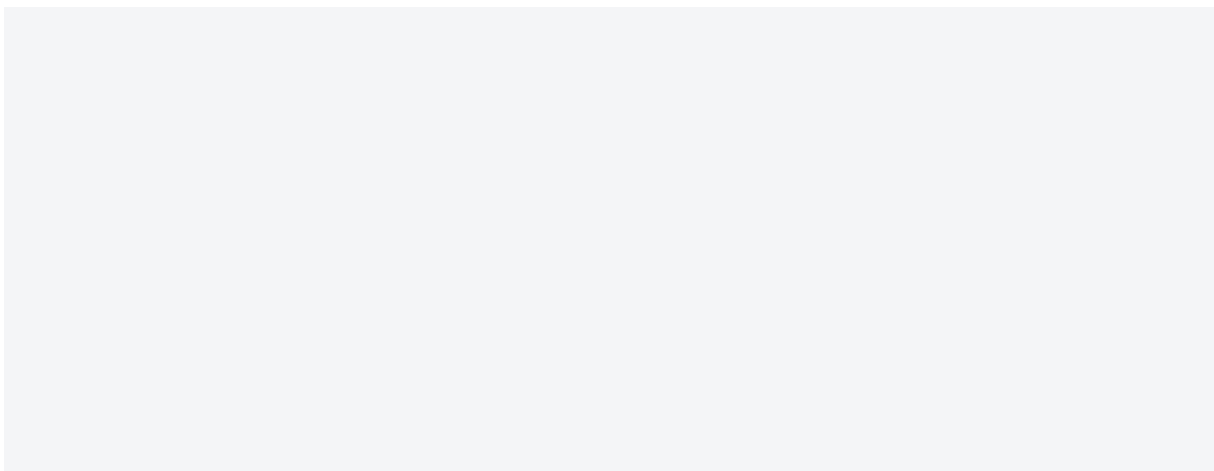
Write down or draw things you used to love doing but seem to have forgotten or stopped getting involved in.



2. Current fun spy:

Let's list activities you like doing 'now' but don't do enough.

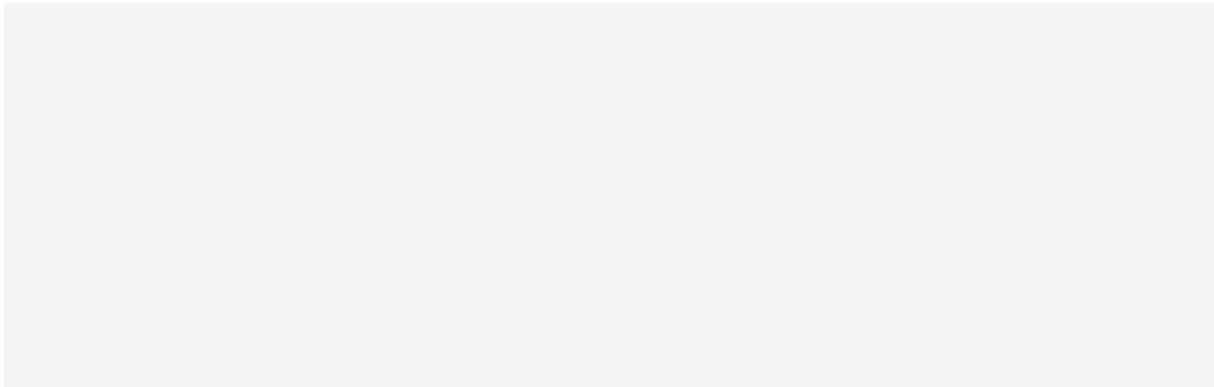
What are they?



3. Mission critical:

What's super important to you now?

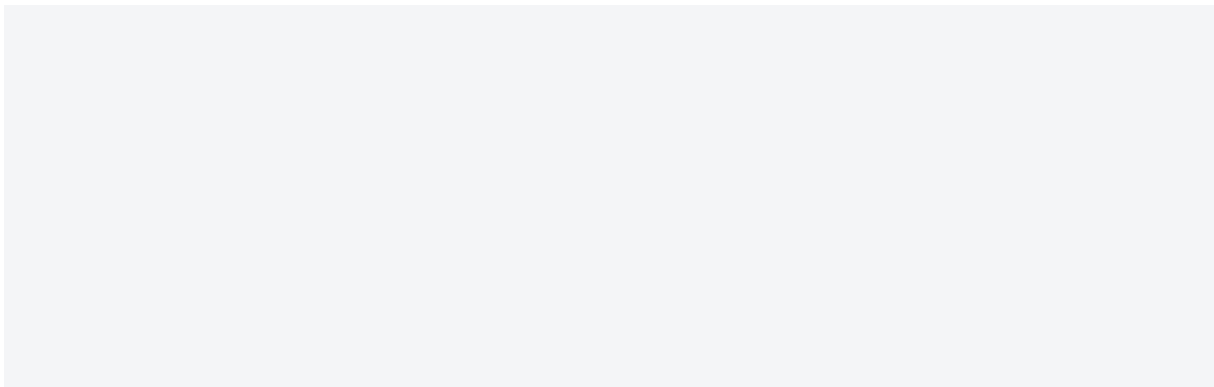
Which of the above activities would make you feel like the 'hero' in your life story?



4. Fun detective diary:

Provide a 'detective diary' to plan and track these activities daily or weekly.

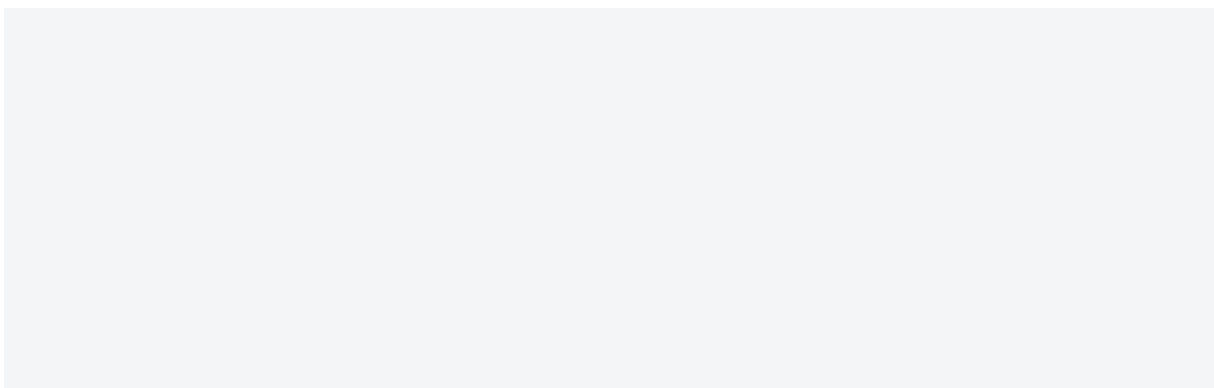
How and when could you do these activities?



5. Super sleuth review:

Review how they got on a week later.

What was fun? What wasn't? Any surprises?



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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