

"All Me" Gingerbread House

Every year I finish out the holiday season/year with Gingerbread Houses. Many people include these in their traditional festivities, however I use them as a therapeutic activity. Gingerbread houses celebrate individuality, creativity and expression of one's self! This is the perfect description and self-esteem building activity to end the year off for many clients! You can highlight growth and achievement!

Materials:

- Pieces for Gingerbread houses
- (Get creative, graham crackers, cheap kits, make it at home etc!)
- Icing
- Candy
- Cleaning supplies

Complete the Activity:

Step 1: Set out the candies and label them with words such as (creative, artistic, happy, positive communication etc)



"All Me" Gingerbread House

Step 2: Complete the Gingerbread house with the client.



Step 3: Encourage the client to decorate the gingerbread house with the candy that describes them and accomplishments that they have had over the year.



Step 4: Once the gingerbread house is complete, have the client discuss what they have observed/learned about themselves.

Step 5: Allow the client to write out their biggest achievements on a poster for display.

(You can attach the gingerbread house picture also)



End of Activity options:

- Encourage the client to take the poster home and complete it.
- Work with the parent and the client to plan a conversation to discuss the positives that have occurred this year.

Quick clinical tags to add to your notes:

- Therapist worked with the client to develop self-awareness.
- Therapist taught new skills to build Self-esteem building.
- Practiced Communication styles and techniques with the client.