



# Finding that Message

*During this activity you will help the client create a shadow box or observation tube as a visual aid to help the client find the "good message" in a difficult situation.*

## Materials:

- Box Materials
- Construction Paper
- Markers
- Scissors

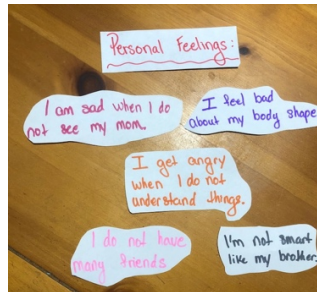
## Complete the Activity:

**Step 1:** Have the client to create a shadow box or a viewing tube with materials that you collected.

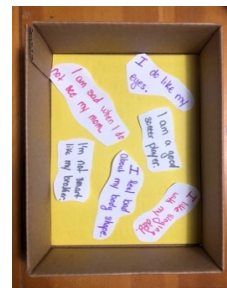
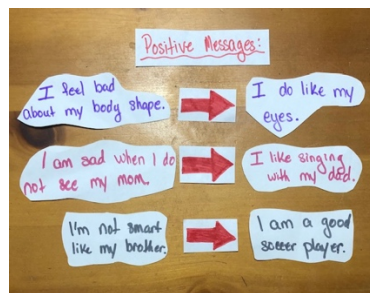


**Step 2:** Encourage the client to write 2 to 3 messages that expresses their personal feelings. These feelings will be communicated to another person. Place these messages randomly around the structure.

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**Step 3:** Now have the client write 2 to 3 positive messages that help to improve reactions to the feelings that were initially listed (in step 1) in random places around the structures.



**Step 4:** Work with the client to camouflage the messages with other words, drawings, and craft materials.



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**Step 5:** Work with the client to “search” for the positive messages are hidden.

\*Try to make this step fun by making it a game etc.



**Step 6:** During the search around the box, explain how we each go through difficult situations that “camouflage” good messages. Discuss the importance of reframing/altering negative thoughts so that they can allow good messages in.

**Step 7:** Relate this activity to a situation that is relevant to the client’s life.



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## *End of Activity options:*

- Encourage the client to recreate and complete this activity with their families at home.
- Ask the client to provide you with examples of how they reframed a negative situation with a positive response.

## *Quick clinical tags to add to your notes:*

- Assisted the client to reframe negative thoughts and feelings and replaced them with positives.
- Help the client learn a new coping skill/technique to find positives in difficult situations
- Taught a new skill for release and expression (by writing down feelings they would like to camouflage)
- Positive communication and social skill building.