



# Apple of Strength

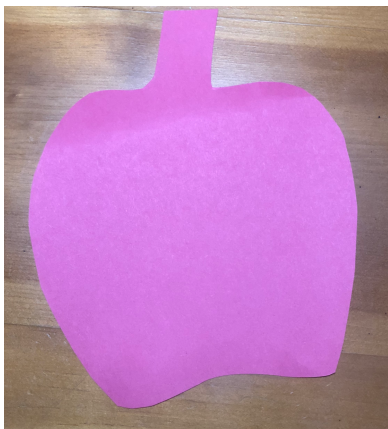
*In our society, we utilize apples signify strength and knowledge. An example phrase is "An Apple a day keeps the Dentist/ Doctor away." This activity will help the client choose and understand their strengths. It will provide a visual to help clients learn about themselves, build confidence and self-esteem.*

## Materials:

- Paper
- Writing utensil
- Glue sticks
- Apple stencil/Cut Out

## Complete the Activity:

**Step 1.)** Provide the client with materials to create an Apple (The client can either use the stencil or freely draw their own).

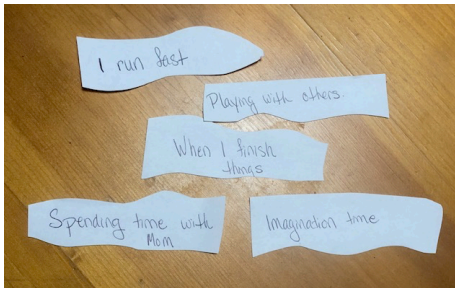


# Apple of Strength

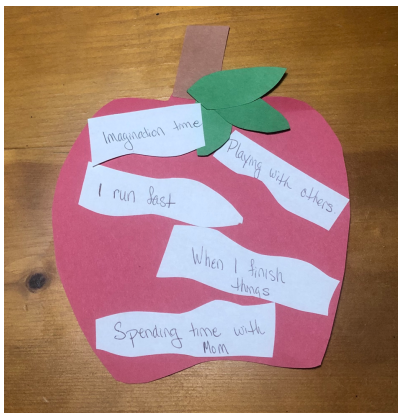
**Step 2:** Provide the client with small cut outs of paper.



**Step 3:** Instruct the client to write out examples of what makes them "Strong."



**Step 4:** Glue the strengths onto the apple and complete the decorations.



**Step 5:** Problem-solve a new technique that that will also build strength.



# Apple of Strength

## End of Activity options:

- Encourage the client to practice the new technique on 3 occasions throughout their week.
- Instruct the client to create a list of strengths or an apple for a family member.

## Quick clinical tags to add to your notes:

- Provide a therapeutic skill to help the client visually recognize their strengths and the strengths of others.
- Self-esteem building activity to help the client see their strength.
- Learning to promote positivity to peers.
- Problem-solving techniques to help the client solve issues successfully.
- Communication techniques.