



# The Next Scene Is...

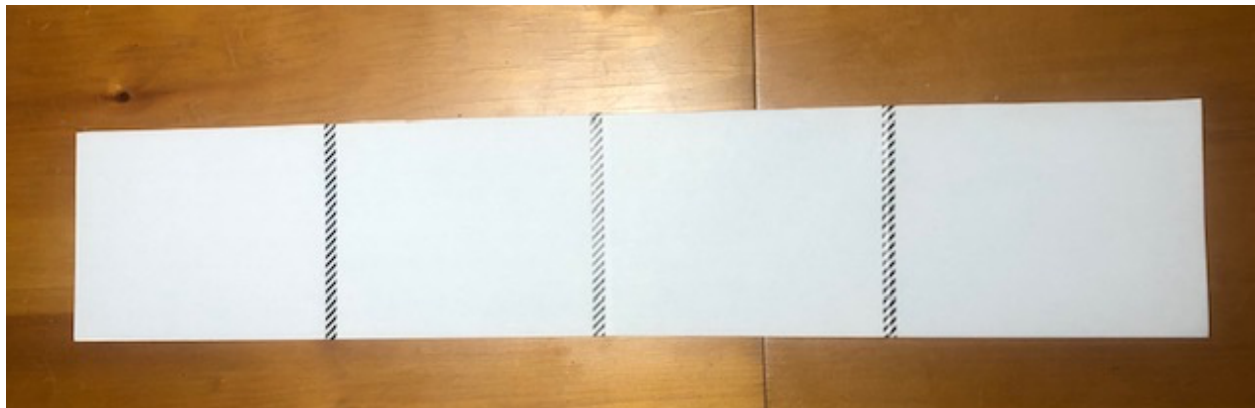
This activity will help the client visualize problem-solving skills that they learn/practice in an imaginative and creative fashion. The therapist will help the client learn how to put their coping skills to the test!

## Materials:

- Paper
- Writing utensil
- Painter's/Masking tape

## Complete the Activity:

**Step 1:** Create the story line sheet/comic sheet for the client.



**Step 2:** Create 2 scenarios of situations that the client struggle to manage.

1. Client struggles to engage well with peers during recess time.
2. Client has major frustration outbursts when they experience something new.

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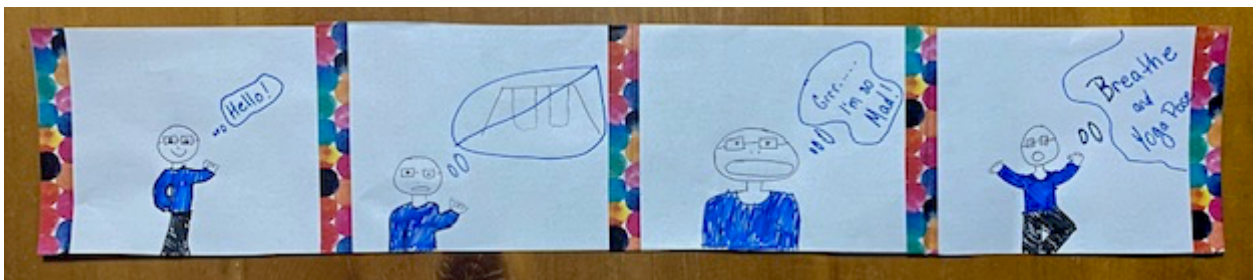
**Step 3:** Read both scenarios to the client (Change it into a story version, see example below) and allow them to choose story line to work with.

1. Sadie and her friends do not get along on the playground. She feels sad. How can we help Sadie fix this issue?
2. Nelson does not like when things change. He will yell, scream and become really upset. How can we help Landon fix this?

**Step 4:** Work with the client to complete the story line utilizing the comic strip and pictures.



**Step 5:** Discuss some useful coping techniques and encourage the client to include one of those coping techniques in the story.



**Step 6:** Process the complete story line with the client.



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## End of Activity options:

- Instruct the client to complete another story line utilizing the new coping skills at home. Encourage them to return it to the next session.
- Have the client to bring an example of how they used the new coping skill (that they practiced in session) in a personal experience that they had this week.

## Quick clinical tags to add to your notes:

- CBT techniques to learn a new coping skill.
- Problem solving techniques to help them find ways to complete difficult situations
- Positive social skills