

Stuff the Scarecrow

This activity provides a fun way to demonstrate removing negative thoughts/ feelings from ourselves and placing them in healthy places. Clients will learn the importance of letting their feelings out of their minds and souls.

Materials:

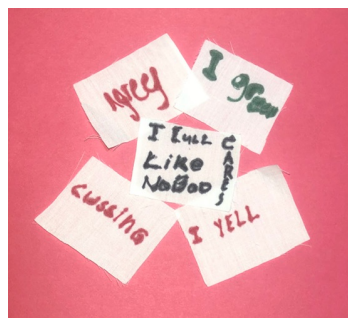
- Child size clothes
- Hay
- Small pieces of cloth
- Sharpie
- Fun art supplies (google eyes, jewels etc)

Complete the Activity:

Step 1: Work with the client to create a small scarecrow.

*Have fun decorating this scarecrow

Step 2: Have the client write down all of the negative thoughts/feelings that they have currently on the small squares of material.



Step 3: Have the client place the small materials in the scare crow or attach them to the outside of the scarecrow.

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Step 4: Discuss the importance and removing negative thoughts and feelings. Explain how cathartic it is to release it all.

End of Activity options:

- Encourage the client to continue to write out negative thoughts and feelings on pieces of paper to return to the therapist.
- Encourage with the client and their parent to spend time talking and discussing things that bother and worry them.

Quick clinical tags to add to your notes:

- Therapist worked on teaching techniques that can be used to release the negative feelings through positive expression.
- Therapist used CBT techniques to encourage positive thought training.
- Therapist worked with the client to develop positive communication techniques.