*By definition, Cornucopias symbolize having an abundant supply of good things. This activity will help child clients learn a new visual technique that will assist to build positivity and self-esteem. Clients will create their individual Cornucopia of positive feelings and emotions.*

**Materials:**

* 2x2 pieces of paper
* Ice cream cones or construction paper
* Writing materials (market, crayons etc)

**Complete the Activity:**

*Step 1*.) Discuss the definition and short history of a cornucopia.

*Step 2*.) Create the Cornucopia with the client utilizing the above materials.

*Step 3*.) Have the client write down positive things about themself, reactions and

feelings on the 2x2 pieces of paper. (If the client struggles with this, provide them with examples of positive things in their life)

*Step 4.)* Attach or stuff the cornucopia with the pieces of paper

*Step 5.)* Spend time discussing the positive attributes they have and encouraging the

client continue this thought pattern. Also, work with the client to “reframe” any negative thoughts that may occur during this activity.

***End of Activity options:***

* Encourage the client to take the cornucopia home and continue to add positive emotions, reactions and behaviors that they complete daily.
* Encourage the client and their parent to create a list of positive topics that they will discuss over the next few days.

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

* Therapist taught a new CBT technique to help the client build self-esteem.
* Therapist worked on building positive language skills
* Therapist will teach the client ways to reframe negative thoughts and replacing them with positive ones.