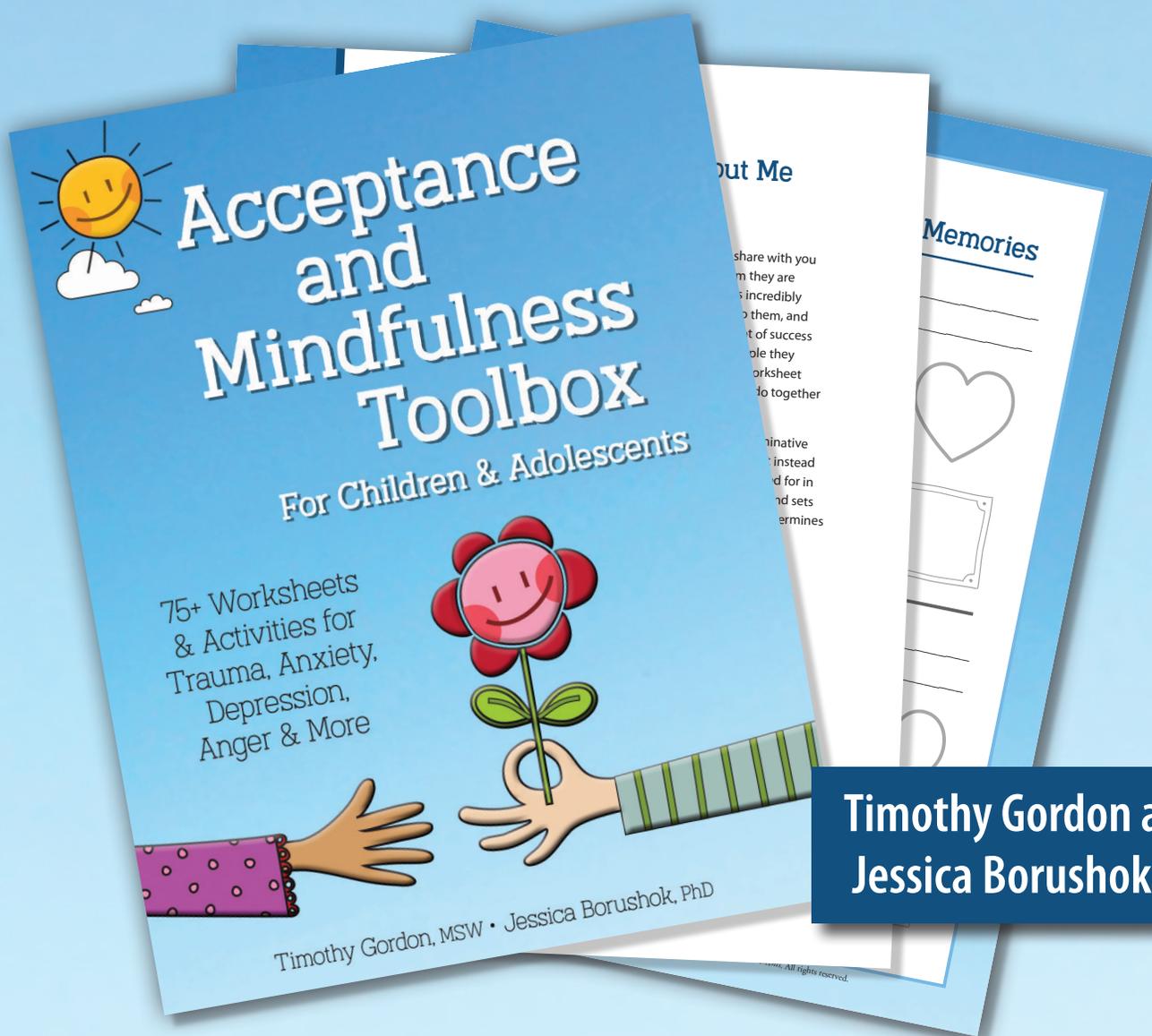


FREE Worksheets

Acceptance and Mindfulness Toolbox for Children & Adolescents



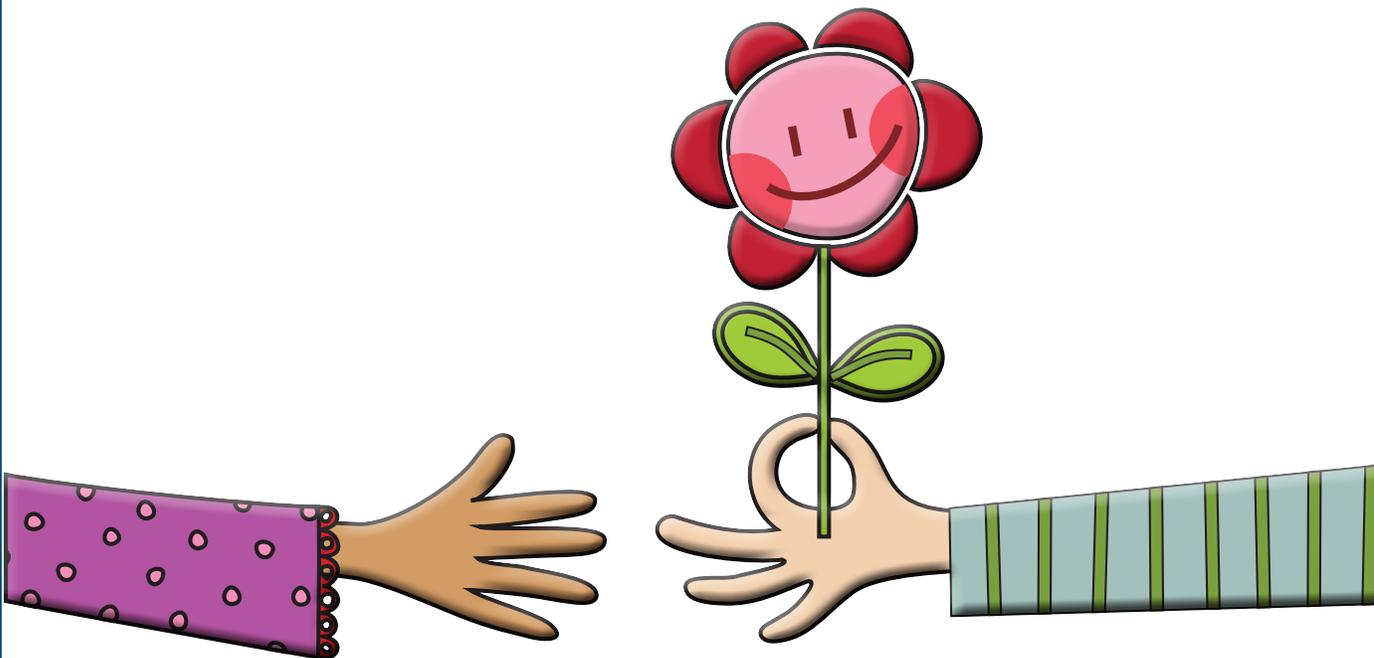
Timothy Gordon and
Jessica Borushok

Practical and engaging printable tools

Introduction

Many interpretations exist for how you might begin your work with young people. In some practice settings, structured intake sessions are a must, or formal assessment measures may be required. Do what is required of you by your practice context and licensing regulatory body, and at the earliest feasible opportunity, ask your clients to tell you about their values and who and what is most important to them. We do this to prime our clients to focus on the life they want to live and what is most important to them, rather than focusing on deficits, pathology, and problems. This helps set the stage for treatment goals that focus on growth.

We seek to make therapy the type of environment that is friendly and fun at times, so that we may address difficult topics with ease rather than therapy being an aversive environment where we only talk about painful things. We cannot underscore this enough: In our experience, clients, and especially caregivers, come to therapy wanting to fix young people or make things instantly better. This early focus on values interrupts that conventional agenda and is an example of stimulus control where the therapist hopes to create a practice setting where clients come to build on strengths, improve behavior, and reinforce the behaviors they wish to maintain rather than self-stigmatize or complain.



What's Important About Me Worksheet

"What's Important About Me" encourages young people to share with you information that may not seem pertinent about the problem they are presenting with. Of course, the information in this activity is incredibly valuable in your analysis of who they are, what's important to them, and what they want their life to be about. There has also been a lot of success doing this activity with primary caregivers and the young people they present with in session together. The What's Important About Us worksheet provides an adaptation that a caregiver and young person can do together in session.

The What's Important About Us worksheet is an early attempt at creating a non-eliminative therapeutic contract in favor of an acceptance-based contract that instead focuses on values as well as highlighting what is important and what is hoped for in the future. We've noticed that this activity evokes a lot of laughter and sets the right tone for beginning therapeutic work with families that undermines the "fix my kid" agenda.



What's Important About Me

My name is _____ and some important things to know about me are that my favorite color is _____ and my favorite food is _____.

My favorite thing to do is _____.

A part of why I like to do that is because it's _____.

Something I'm really good at is _____.

What you should know about me is that being here makes me feel _____
_____.

And I'm hopeful that from therapy we will _____.

How you know I'm doing okay is when I _____ or say _____.

If I'm not doing okay, I might _____ or say _____.

In therapy, it's important to me that we work on _____
and talk about _____.

Something that's going to make it hard to talk about this is feeling
_____.

What's Important About Us

My favorite thing about _____ is their _____ .

It stands out to me especially when they _____ .

I enjoy this about them because _____ .

They're really good at _____ .

And I appreciate this because _____ .

What's important to know about them is that they _____ .

I know that they struggle with _____ .

My hope for them in the future is that they will be _____ .

This is important to me because _____ .

I especially like it when they _____ .

My favorite thing to do with them is _____ .

I hope that one day they will _____ .

What I hope they see in me is that I'm _____ .

Something I think we should talk about in therapy is _____ .

I wish that one day, together, we will _____ .

Thoughts, Feelings, Sensations, Memories Worksheet

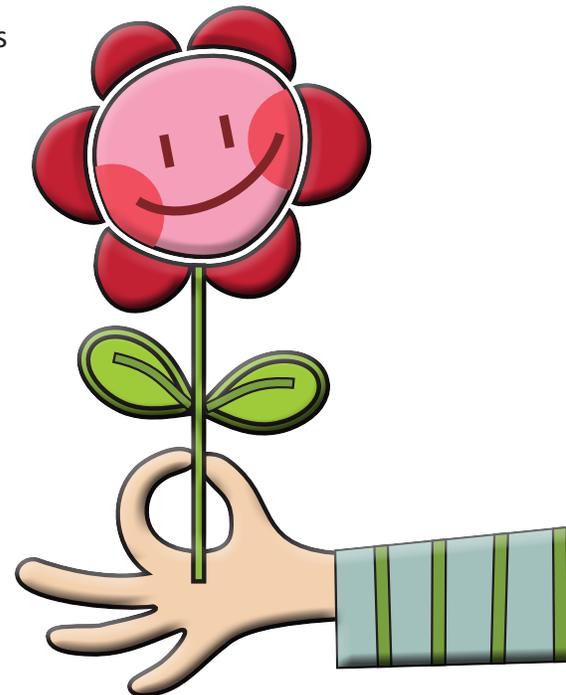
Identifying specific private experiences is made fun with this worksheet that can be turned into an exercise in session. We divide experiences into four different categories:

- 1) Thoughts: the things we think
- 2) Feelings: emotions that occur to us
- 3) Memories: past situations and recollections
- 4) Sensations: the physical perception of what comes in contact with the body, including touch, smell, sight, sound, and taste

You can easily turn this worksheet into an exercise in session by inviting the young people you work with to keep track of thoughts, feelings, memories, and sensations that they're noticing with you.

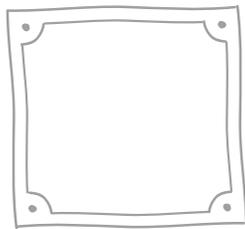
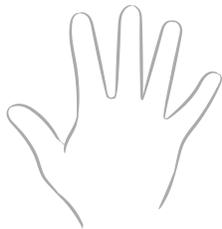
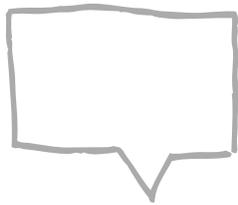
Regardless of whether you do this exercise in session or not, we highly recommend sending young people home with this worksheet so that they can repeat the activity of tracking different experiences. Remember, you're training them to be mindful of what they notice, and we wish to do this in a non-evocative way at first, so you might assign them a task such as, "On your way home today, keep track of the different experiences you notice. We're learning how to pay attention to what's happening in our world."

This worksheet offers four different opportunities to track private (inside) experiences of thoughts, feelings, memories, and sensations, represented with a thought bubble (for thoughts), heart (for feelings), picture frame (for memories), and hand (for sensations).

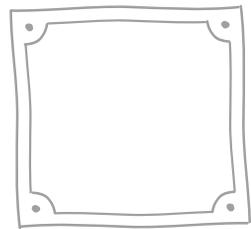
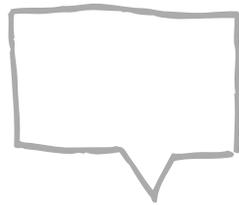


Thoughts, Feelings, Sensations, Memories

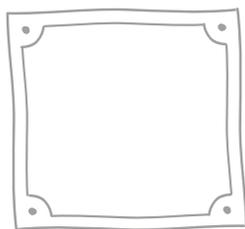
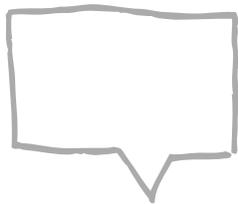
Experience: _____



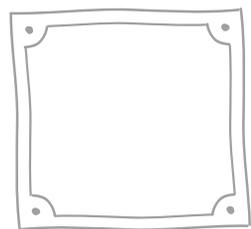
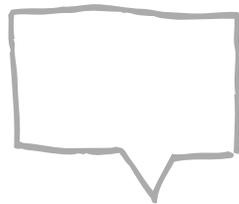
Experience: _____



Experience: _____



Experience: _____





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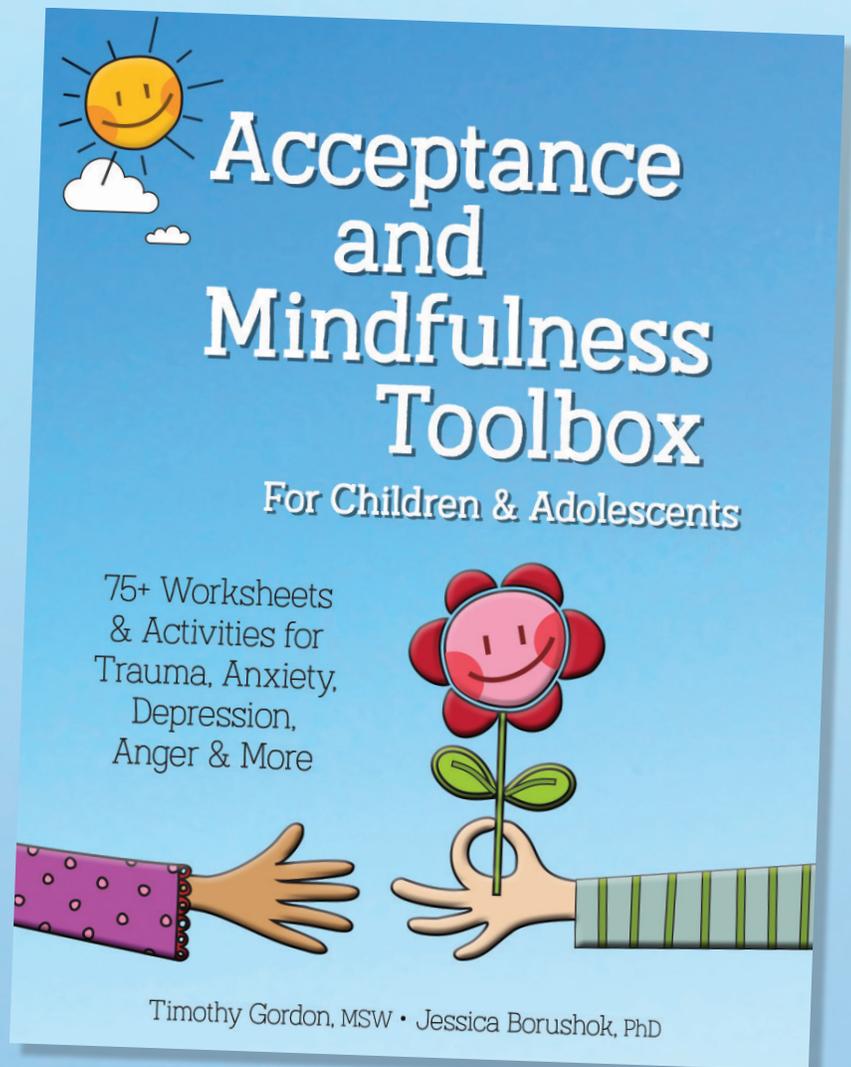
By: Timothy Gordon, MSW & Jessica Borushok, PhD

Acceptance and Mindfulness Toolbox for Children & Adolescents

75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More

By Timothy Gordon, MSW & Jessica Borushok, PhD

The *Acceptance and Mindfulness Toolbox for Children & Adolescents* gives you resources to help children and adolescents better manage their behaviors and emotions. After years of clinical experience using these practical, evidence-based tools with young clients, the authors have put together **over 75 worksheets, activities, exercises, and scripts** to engage kids and keep therapy moving forward.



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