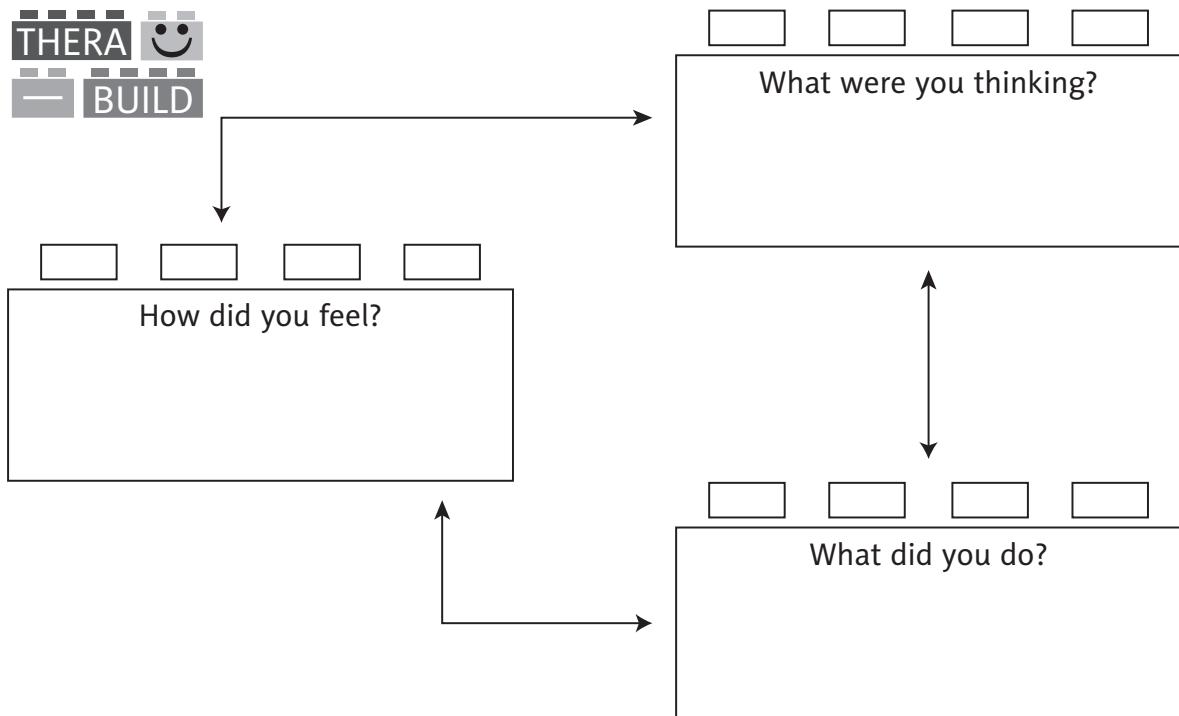


Brick rotations

A brick rotation is a diagram that can be completed by the young person, or the practitioner, to record and monitor thoughts, feelings and actions. Discuss how changing just one aspect can positively alter outcomes.

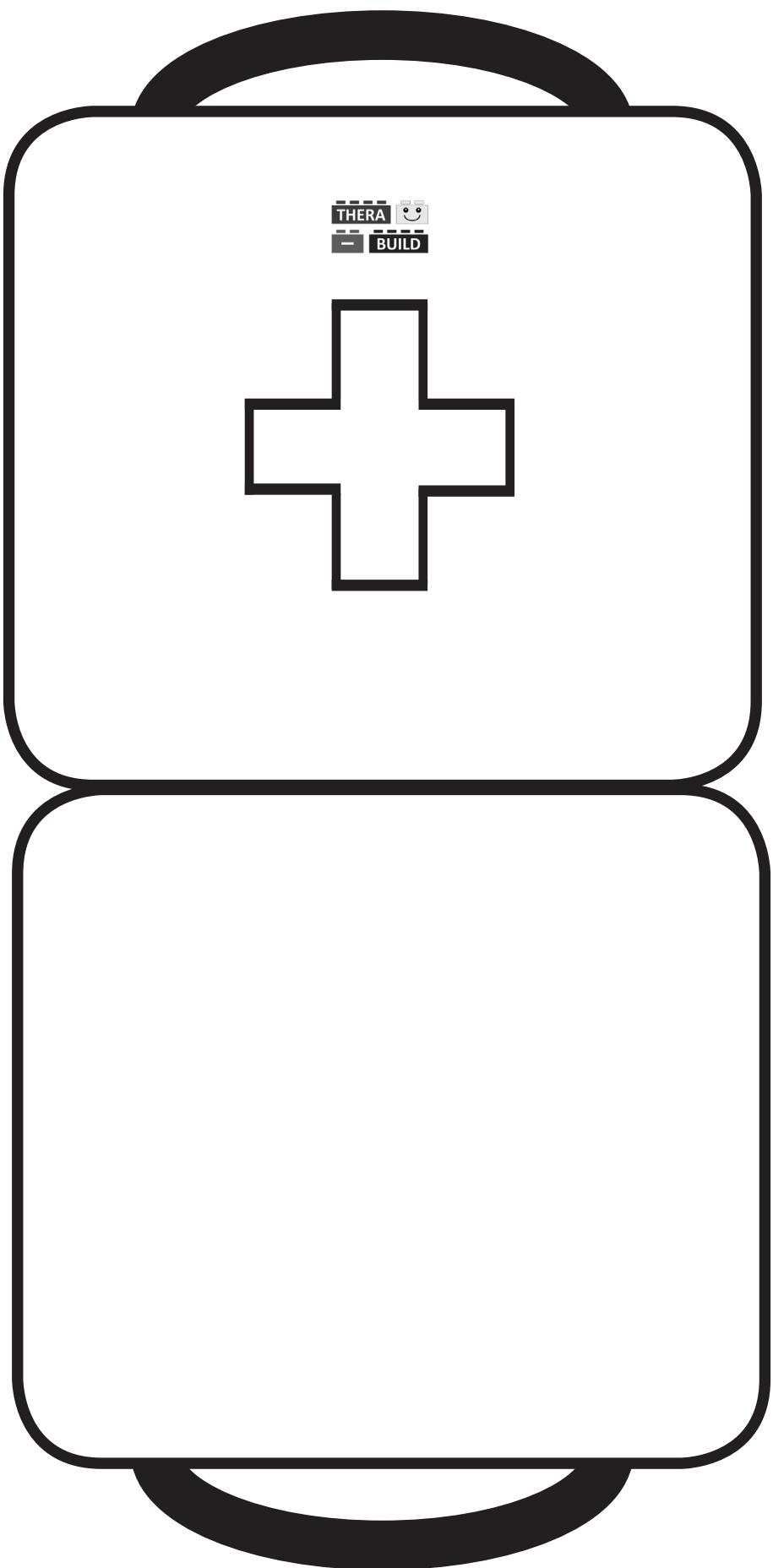


Rosenberg Self-Esteem Scale

Here is a list of statements dealing with your feelings about yourself.

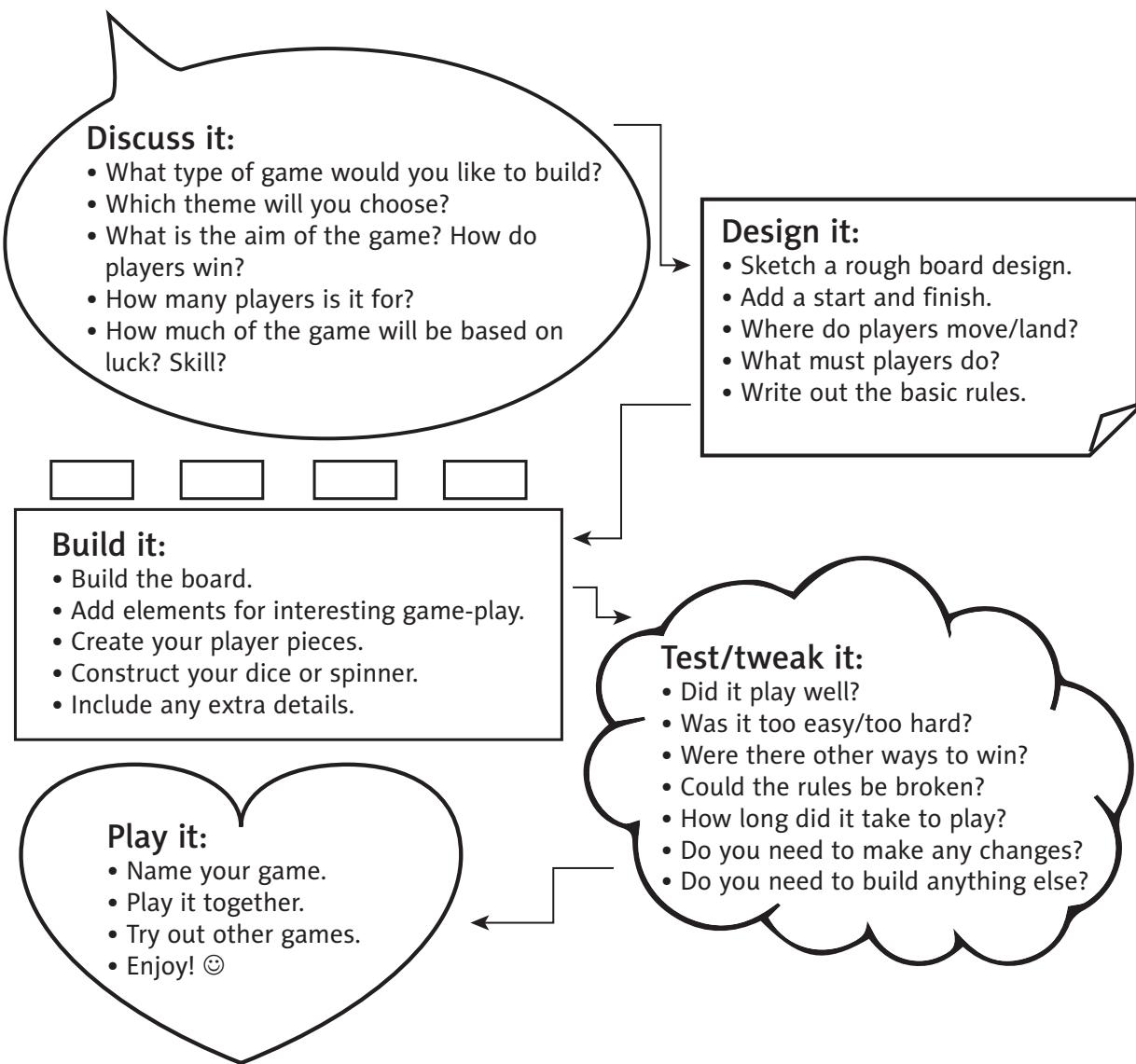
Read each sentence, and circle the head that best shows how strongly you agree, or disagree with each statement.

1. On the whole I am satisfied with myself			
Strongly agree		Agree	
Disagree		Strongly disagree	
2. At times I think I am no good at all			
Strongly agree		Agree	
Disagree		Strongly disagree	
3. I feel that I have a number of good qualities			
Strongly agree		Agree	
Disagree		Strongly disagree	
4. I am able to do things as well as most other people.			
Strongly agree		Agree	
Disagree		Strongly disagree	
5. I feel I do not have much to be proud of			
Strongly agree		Agree	
Disagree		Strongly disagree	
6. I feel useless at times			
Strongly agree		Agree	
Disagree		Strongly disagree	
7. I think that I am alright, and as good as everyone else			
Strongly agree		Agree	
Disagree		Strongly disagree	
8. I wish I could have more respect for myself			
Strongly agree		Agree	
Disagree		Strongly disagree	
9. I often think I am a failure			
Strongly agree		Agree	
Disagree		Strongly disagree	
10. Most of the time I feel good about myself			
Strongly agree		Agree	
Disagree		Strongly disagree	



Board games planner

Create-Build-Play! Board games made of LEGO®





Child observation form

Child's name:	Child's age:	Today's date:
Observer:	Setting:	The activity:

Reason for observation:

Time:	What happened: <i>Conversation, behaviour, movement, etc.</i>



Session log

Child's name:	Today's date:	Session number:
Theme this week:	Theme next week:	
Check-in activity:	Check-in response:	
Game:	Build:	
Model built:	Discussions:	
Concerns:	Notes:	
Holding in mind:		



Child cognitive behavioural therapy form

Child's name:	Today's date:	
Situation/event: <i>Where was I?</i> <i>Who was with me?</i> <i>What happened?</i> <i>Was there a trigger?</i>		
Emotional response: <i>Arousal level 1–10</i>	Check-in before	Check-in after
Feelings: <i>How was I feeling?</i> <i>Any physical sensations?</i>		
Thoughts: <i>What was I thinking?</i> <i>Were there any images in my head?</i>		
Behaviours: <i>What did I do?</i> <i>How did I cope?</i>		
Outcomes: <i>What happened afterwards?</i>		