EARLY HELP

VOICE OF THE CHILD

TOOLKIT

BUCKINGHAMSHIRE COUNTY COUNCIL

01

ABOUT ME

this enables the child to draw and express 'their family', their favourite things and support wanted. This is suitable for younger children. Includes about me, circle of support, how I feel and what I would like my worker to do for me.

02

CIRCLE OF SUPPORT

03

HOW I FEEL

04

WHAT I WOULD LIKE MY WORKER TO DO FOR ME

05

VOLCANO SCALE

this can be used with children to explore and discuss their anger and situations that may trigger their anger, this can then support with their worker in making changes to their choices and untimely reducing and managing their anger.

06

PROBLEM SOLVING MOUNTAIN

tthis could be used with older children to look at their behaviour choices and their feelings and thoughts that influence their behaviour. It can also used to break down a problem into small steps. It is a tool that can be used as part of the protective behaviours strategies.

07

YOUR FACEBOOK PROFILE OF THE FUTURE

tool for older children to consider choices and behaviour they may be presenting with now and how that might impact on their future and how others might perceive them.

08

ANGER THERMOMETER

like the volcano this tool is for discussion and problem solving for young people who are experiencing angry feelings. The volcano is aimed at younger children while the thermometer is for older age group.

08

EMOTIONS COLOUR WHEEL

is for older children and young people and possibly parents. It opens up opportunities to recognise and label emotions and feelings and the different aspects each area creates.

09

ANXIETY THERMOMETER

similar to the anger thermometer this opens discussions to help understand their anxiety levels and triggers to begin to manage their anxiety. Can also be used with parents.

10

CHARACTER TRAITS

this can be used like a word search and lists strengths along with other character traits. As with everyone the key to changing behaviours to first understand ourselves. It is a good tool for some self esteem work as you could ask other people to circle the good things for an individual.

11

FAIRY

these 3 tools are for the same purpose but support different age groups. They are an aid to capture children and young people's wishes and feelings about their current situation, and can be used to review if anything has changed following early help intervention.

12

WIZARD

these 3 tools are for the same purpose but support different age groups. They are an aid to capture children and young people's wishes and feelings about their current situation, and can be used to review if anything has changed following early help intervention.

13

THREE HOUSES

these 3 tools are for the same purpose but support different age groups. They are an aid to capture children and young people's wishes and feelings about their current situation, and can be used to review if anything has changed following early help intervention.

14

33 THINGS CHILDREN SHOULD DO BY THE AGE OF 10

this is a fun tool to use with families to support parents and children having time together to build positive relationships and memories. It is ideal to give as a 'challenge' for school holidays, if appropriate. Some activities could be used with worker and family to model and coach a parent to build their confidence.

15

WHAT MAKES YOU FEEL SAFE

this is a sheet to use alongside protective behaviours work, to help children identify people and things that make them feel safe.

16

FEELINGS, THOUGHTS & BEHAVIOURS

this tool is used for exploring specific incident or behaviour, i.e. hitting someone would be the event , the sheet is then used to explore what feelings and thoughts might be influencing behaviour choices and then to look at other choices.

17

LETTING GO OF WORRIES

The tree is used to name and place worries on the tree to open discussion and understand what might be worrying a child or young person. It's a similar concept to making a post box and posting you worries at the end of a day to aid better sleep and reduce worry and possible bad dreams.

18

FEELINGS COLOURING CHART

the chart is used to look at different areas of a child life and how they are feeling about them. It is good to use colours that might represent emotions and help understand and measure the child's feelings.

19

HOT AIR BALLOON

this is a representational tool for young people to explore and discuss their goals and any challenges to reaching them.

20

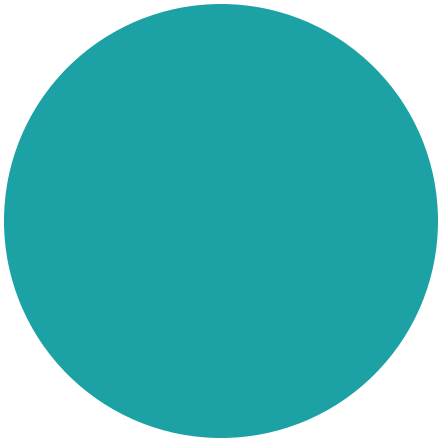
DESERT ISLAND

helps gain insight into a child's life without having to rely on questions and answers interviews

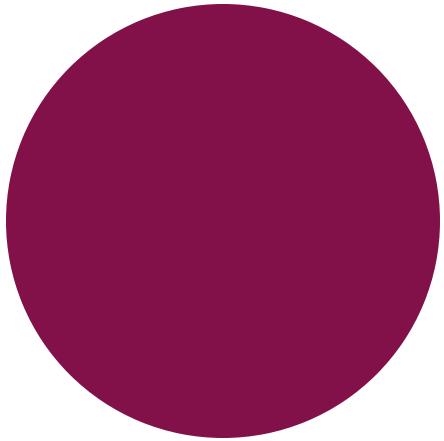
ABOUT ME:

DATE

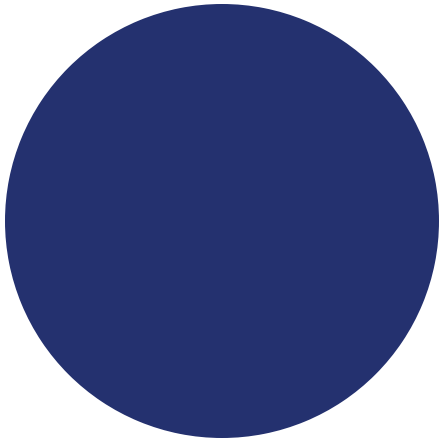
MY NAME



DATE OF BIRTH

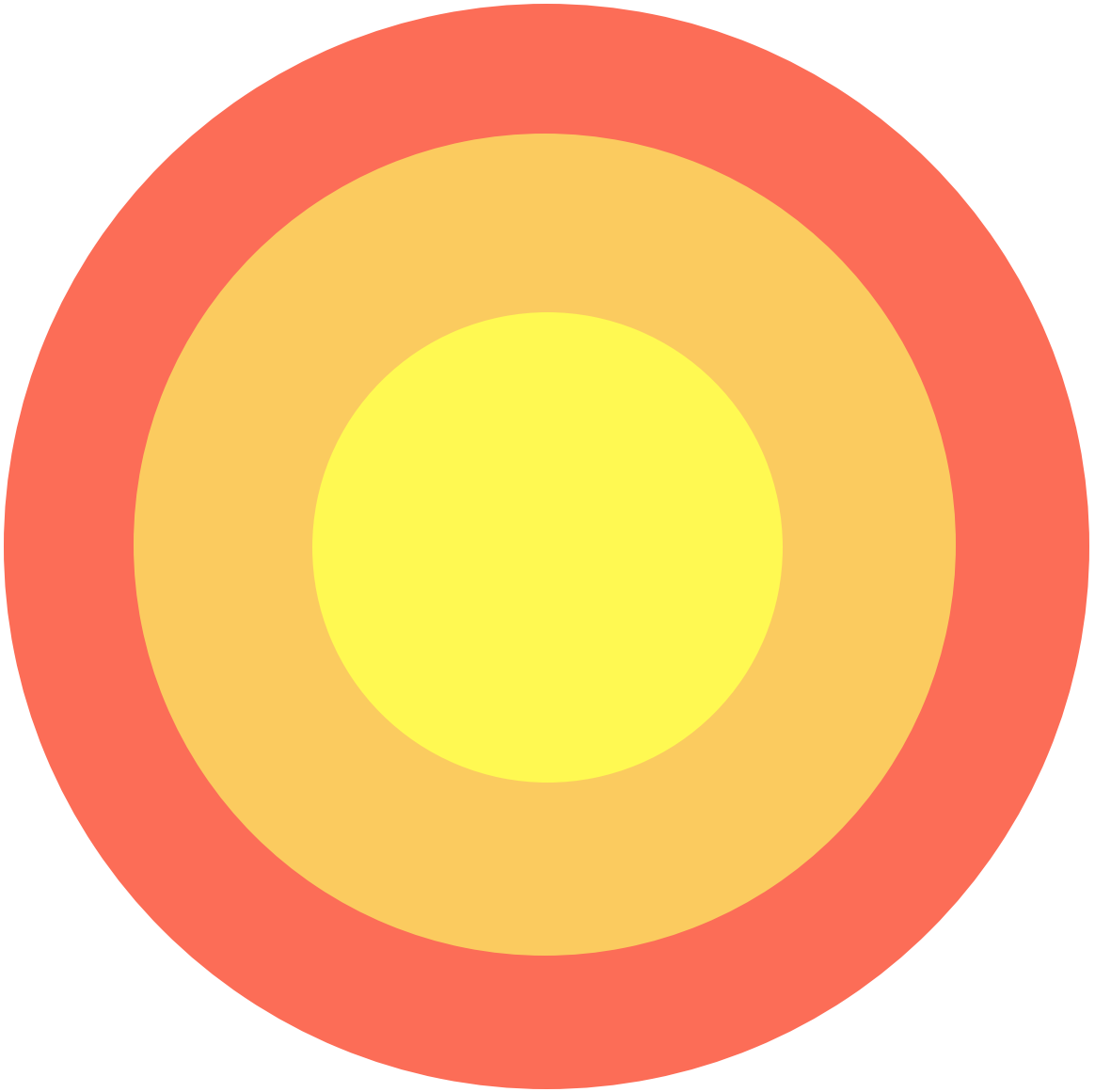


MY WORKER

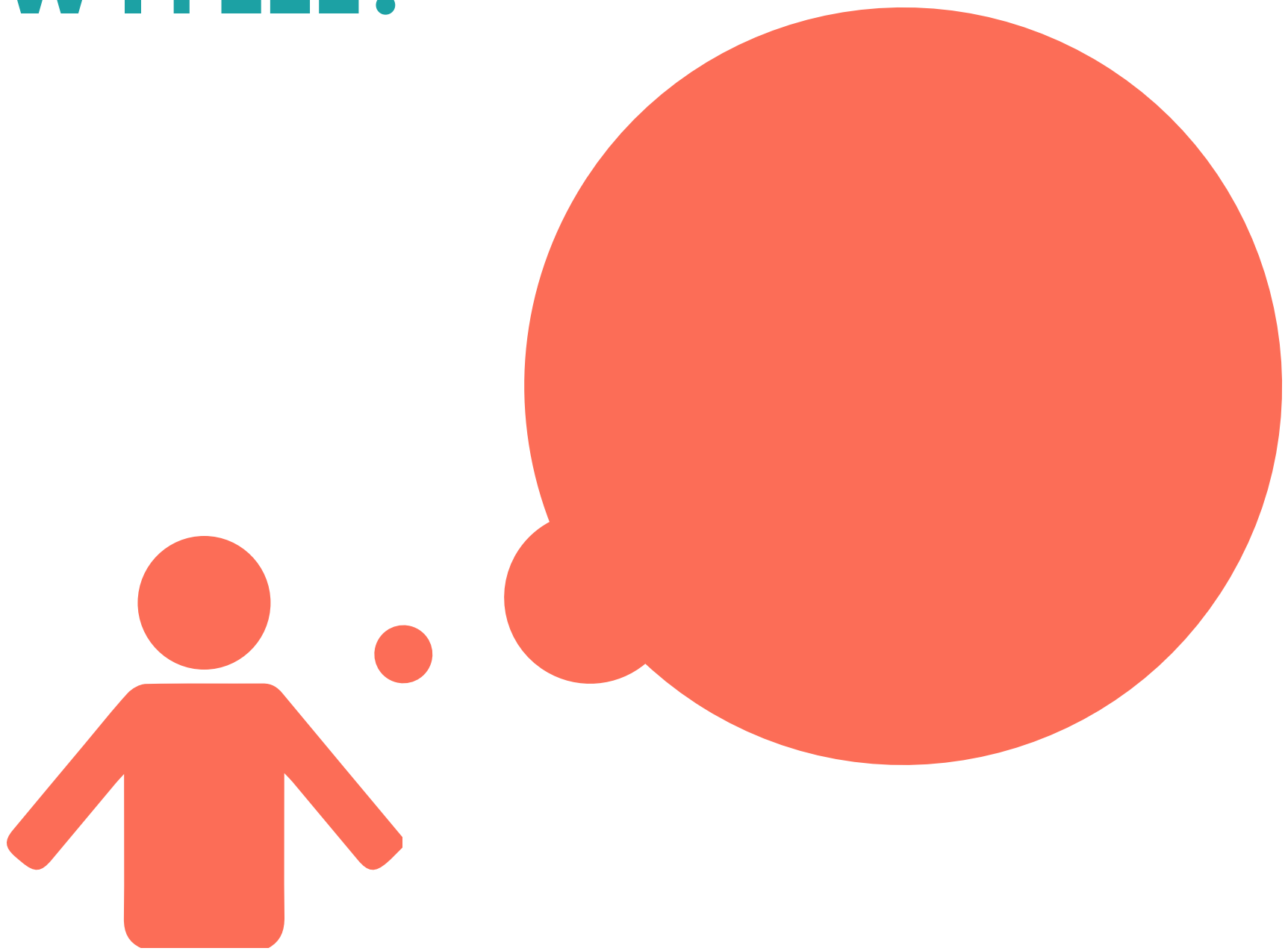


CIRCLE OF SUPPORT:

People who are important to me



HOW I FEEL?



WHAT I WOULD LIKE MY WORKER TO DO FOR ME!

Agreeing expectations between the Worker and the Child

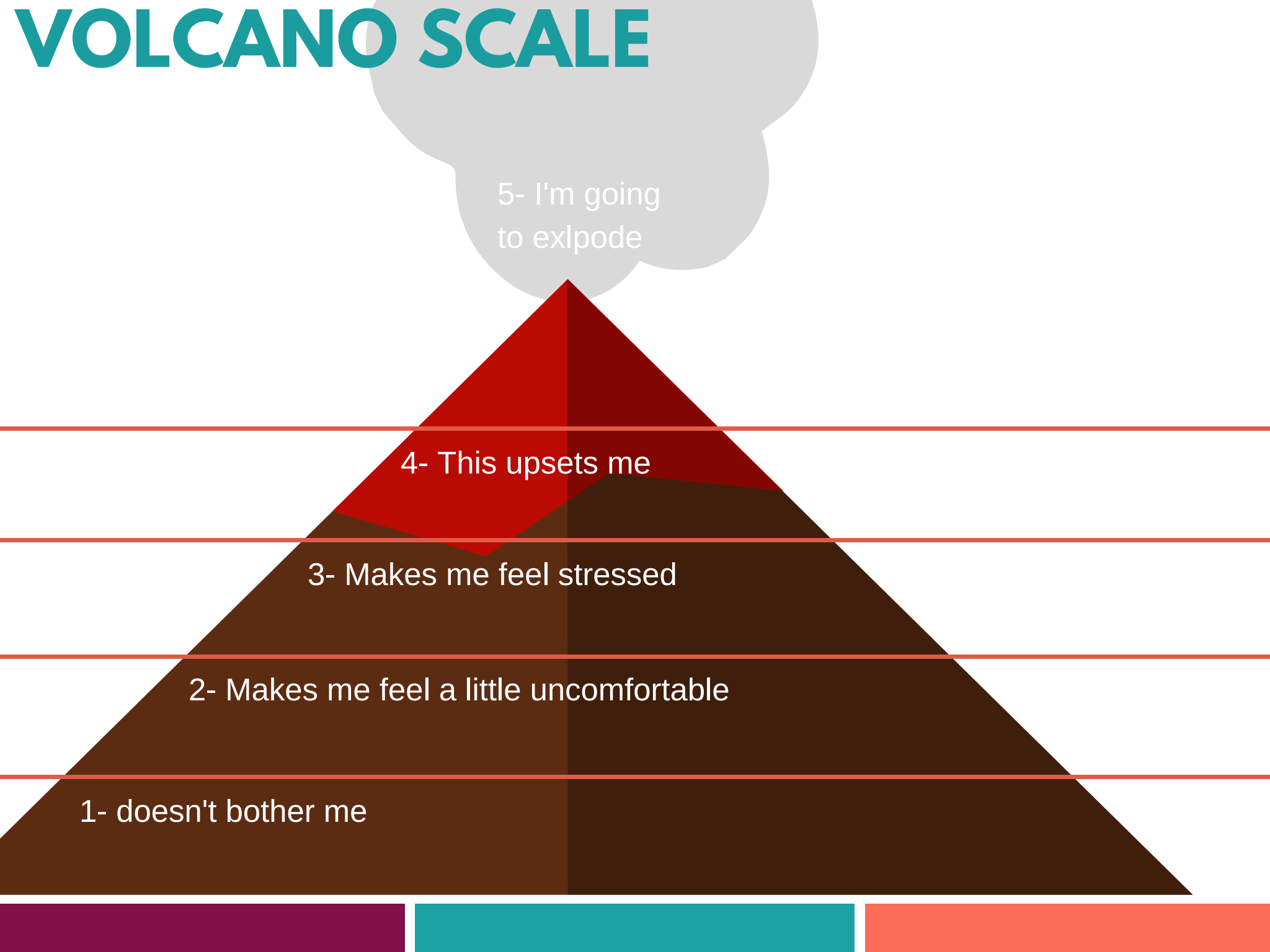
child:

Worker:

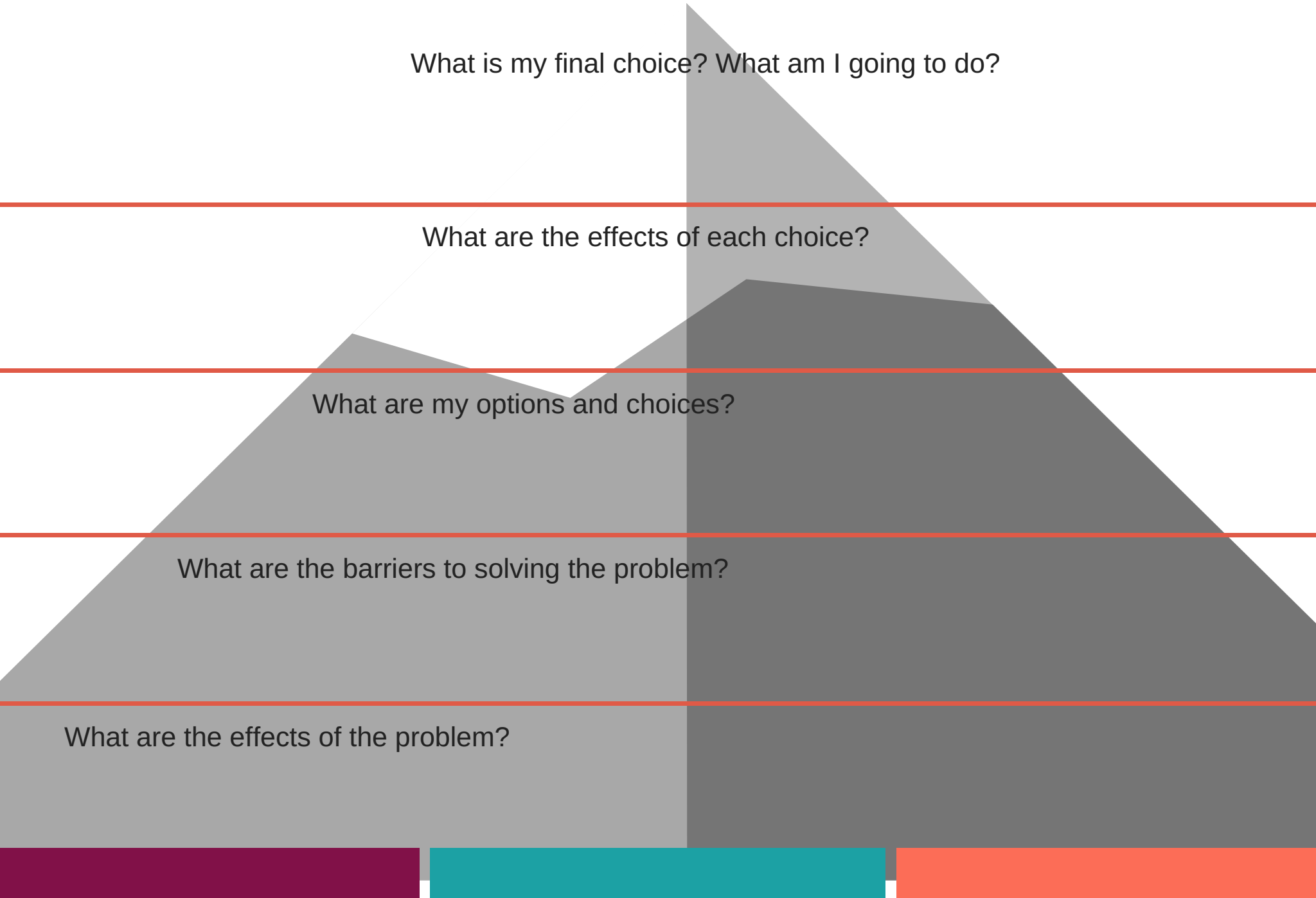
Date:

What I would like my worker to do:

VOLCANO SCALE



PROBLEM SOLVING MOUNTAIN



Your Facebook profile of the Future

Your photo

Your name here

Further Education:

Work:

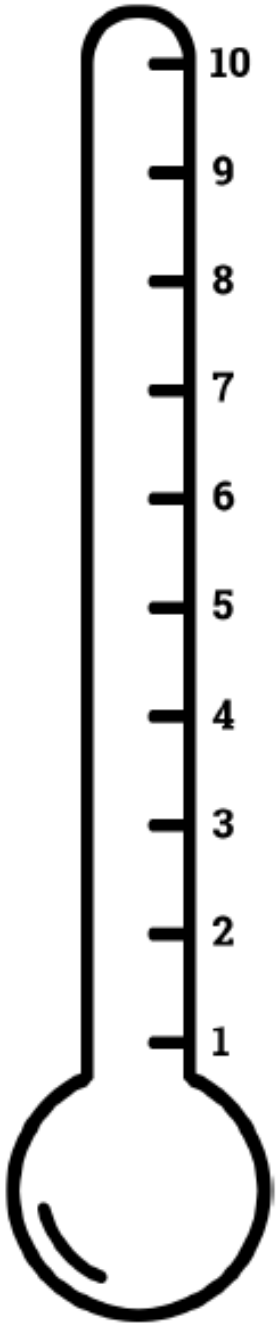
Professional skills:

Places you've lived:

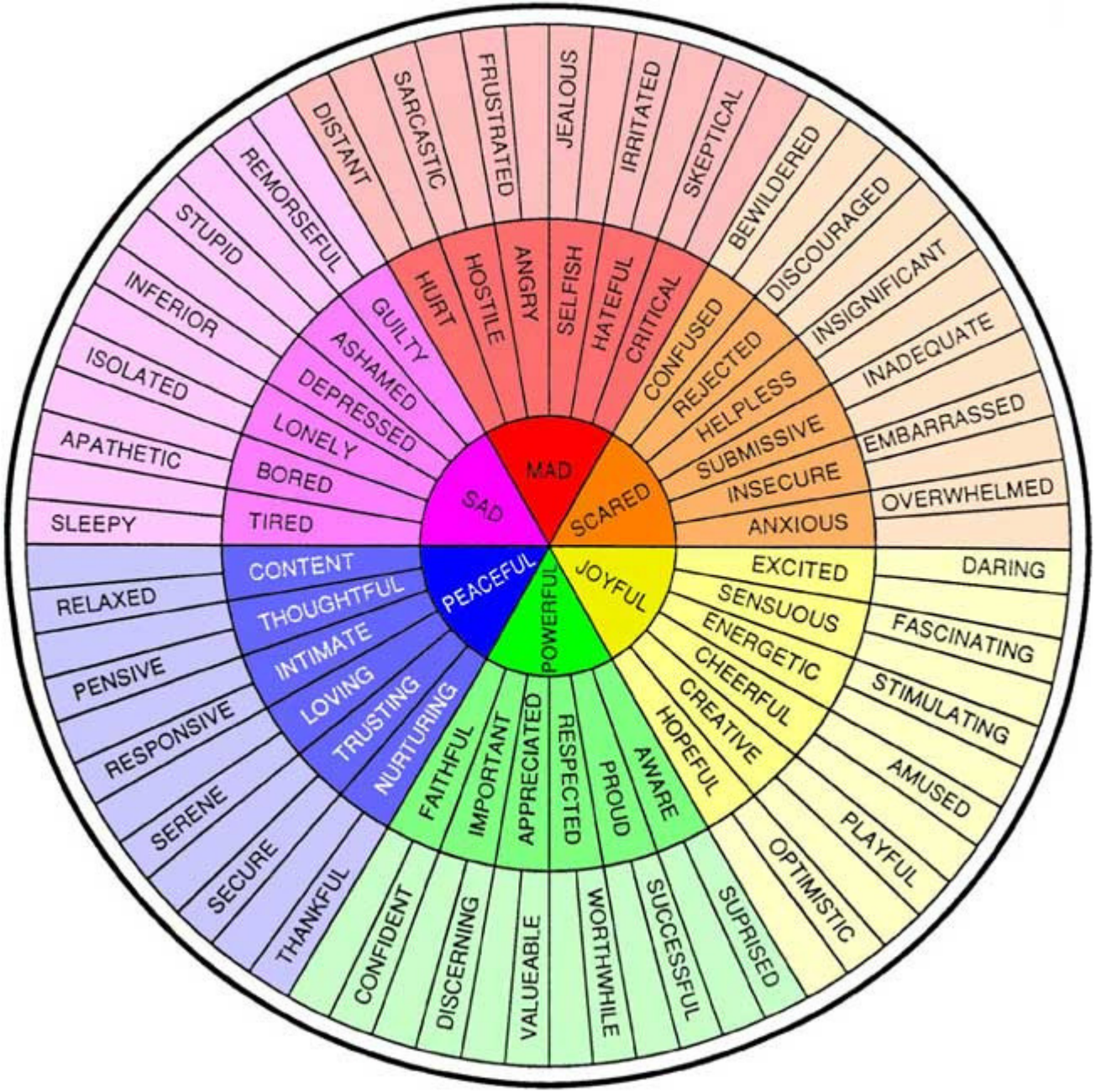
Places you've visited:

ANGER THERMOMETER

Rank your experiences with anger on a scale from 1 to 10. A "10" should be the angriest you can imagine and a "1" should be completely calm. Include a short description of what happened, how you reacted, how you felt, and what the consequences were. Everyone experiences anger in different ways, so your scale might not be the same as someone else's!

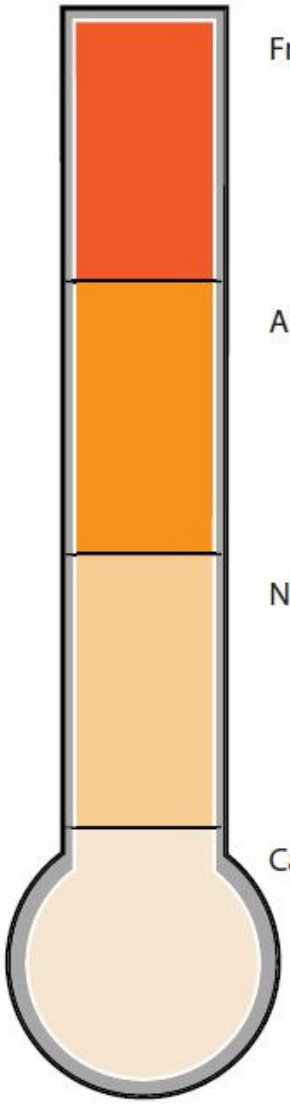


EMOTIONS COLOUR WHEEL



ANXIETY THERMOMETER

Write 2 things or situations that make you feel each of the emotions listed below.



Frantic

1. _____
2. _____

Anxious

1. _____
2. _____

Nervous

1. _____
2. _____

Calm

1. _____
2. _____

Copyright © 2010 www. Do2Learn.com

do2Learn

CHARACTER TRAITS

adventurous
afraid
ambitious
angry
annoyed
anxious
arrogant
bad
bossy
brave
busy
calm
careful
careless
cautious
cheerful
childish
clever
clumsy
confident
confused
cooperative
courageous
cruel
curious
daring
demanding
dependable
depressed
determined
dishonest
disrespectful
doubtful
eager
easygoing
embarrassed
energetic
evil
excited
fearless
foolish
friendly
frustrated
funny
gentle
grateful
greedy
grouchy
guilty
happy
hard-working
helpful
honest
hopeful
imaginative
impatient
impolite
independent
intelligent
jealous
kind
lazy
lonely
loving
loyal
mean
messy
mischievous
mysterious
naughty
nervous
nice
obnoxious
polite
proud
quiet
responsible
rowdy
rude
sad
scared
selfish
serious
shy
silly
smart
sneaky
sorry
spoiled
stubborn
sweet
talented
thankful
thoughtful
trustworthy
unhappy
upset
weak
worried

FAIRY

Your wishes
Things that are going well
Worries
Things that help you escape your worries

WIZARD

Your wishes
Things that are going well
Worries
Things that help you escape your worries

FEELINGS AND WISHES- THREE HOUSES

HOUSE OF WORRIES

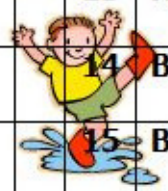
HOUSE OF GOOD THINGS

HOUSE OF DREAMS

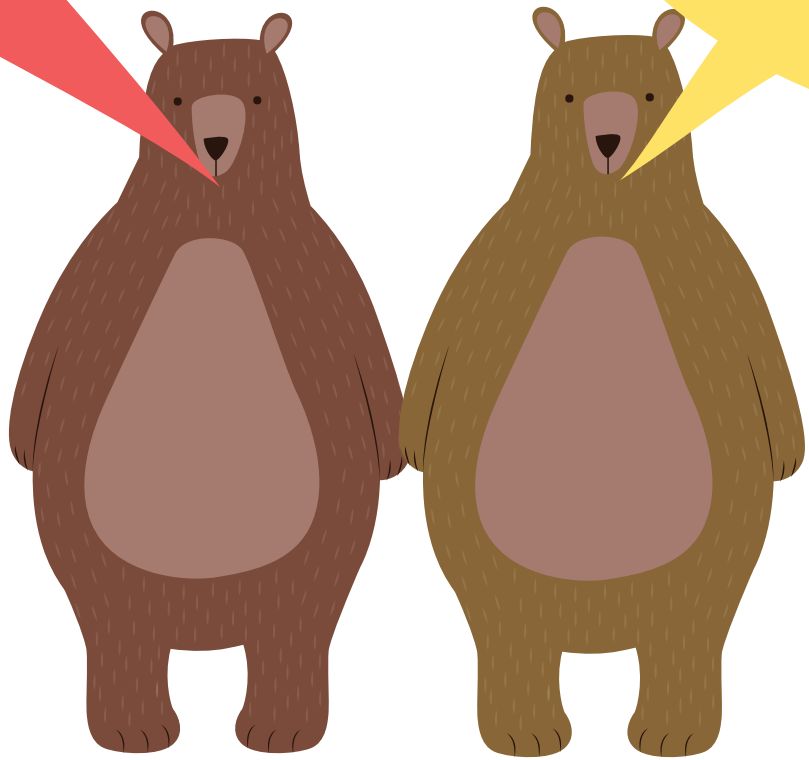
33 THINGS A CHILD SHOULD DO BY THE AGE OF TEN

HOW MANY HAVE YOUR CHILDREN TRIED?

1	Roll down a grassy bank		13	Have a face-painting session		25	Find some worms	
2	Make a mud pie		14	Bury a friend in the sand		26	Cycle through a muddy puddle	
3	Prepare a modelling dough mixture		15	Bake some bread		27	Make and fly a kite	
4	Make a leaf print picture		16	Make snow angels		28	Plant a tree or bush	
5	Make a perfume from flower petals		17	Create a clay sculpture		29	Build a nest from grass and twigs	
6	Grow cress on a window sill		18	Take part in a scavenger hunt		30	Find ten different leaves in the park	
7	Make a papier-mâché mask		19	Camp out in the garden		31	Grow vegetables	
8	Build a sand castle		20	Bake a cake		32	Make breakfast in bed for someone	
9	Climb a tree		21	Feed a farm animal		33	Create a mini assault course in the garden	
10	Make a den in the garden		22	Pick some strawberries				
11	Paint using hands and feet		23	Play Pooh sticks				
12	Organise a teddy bears picnic		24	Recognise five bird species				



WHAT MAKES YOU FEEL SAFE?

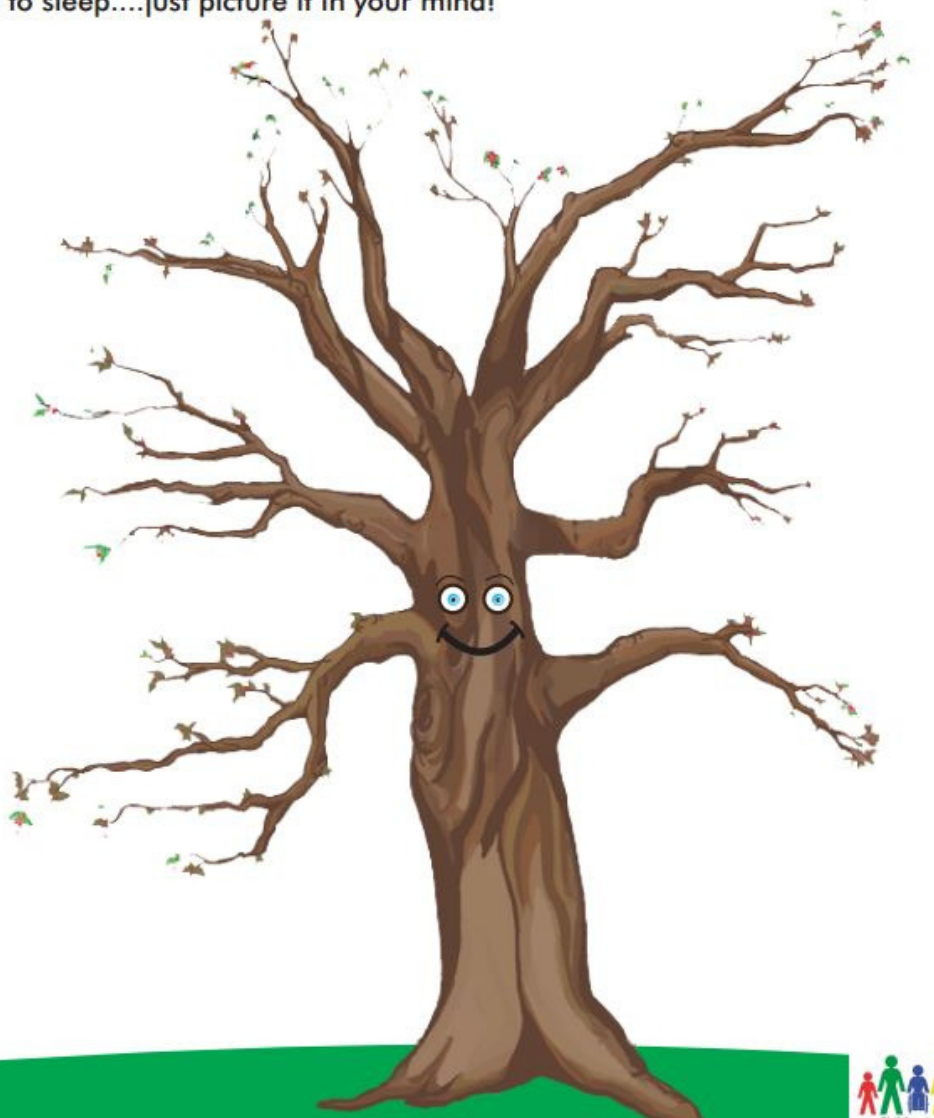


FEELINGS, THOUGHTS & BEHAVIOURS

Event – What happened?			
Feelings	**Thoughts**		
How do I feel?	What do I think ?	What are my options/choices??	What might happen? Possible effects
Behaviour - Action How will I respond?? What will be best for me and others? What do I ***choose*** to do?			

LETTING GO OF WORRIES

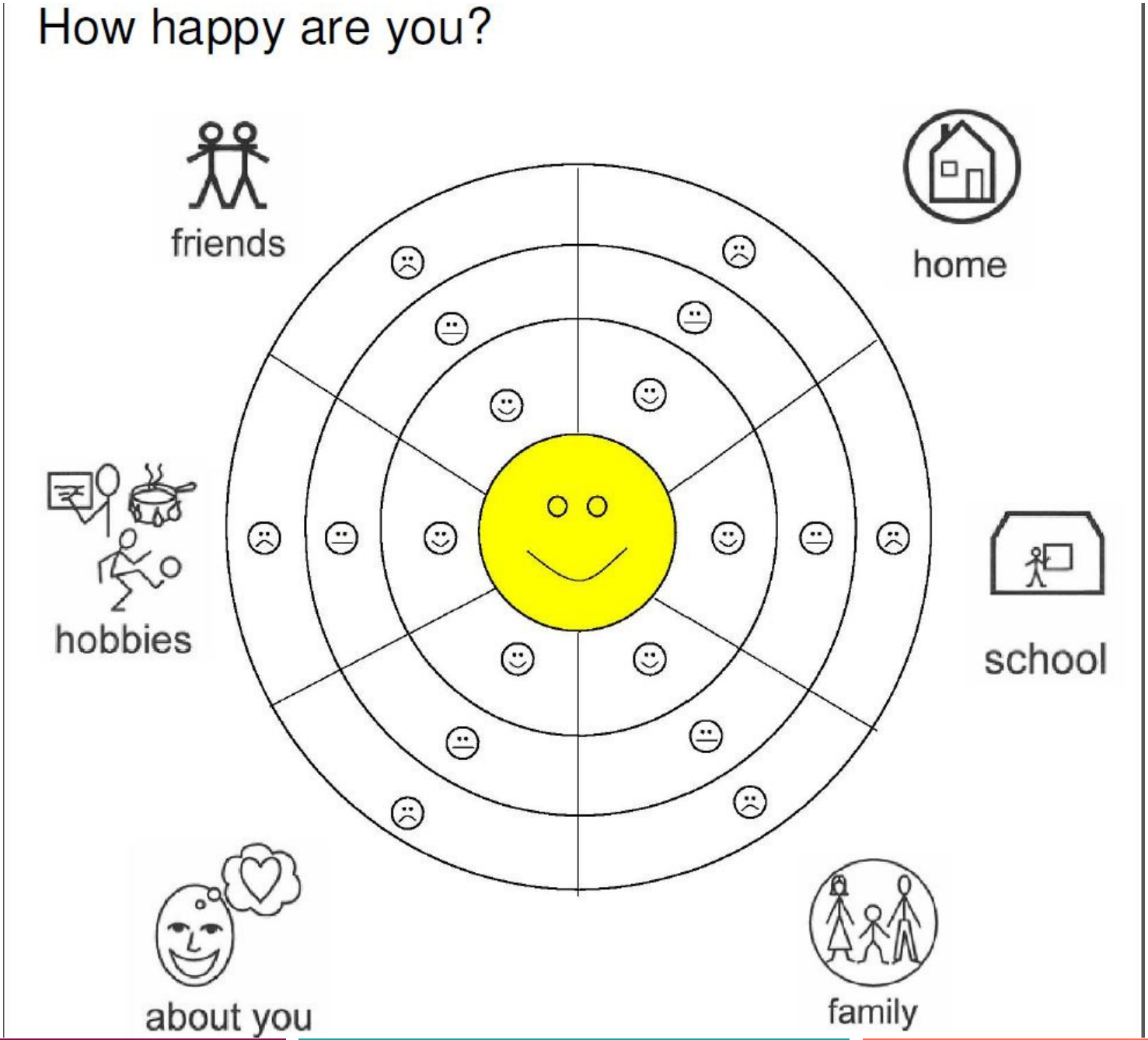
Imagine that there is a tree called the **Hug Me** tree. It is so big and has so many branches that it can take away all your worries for you. Draw or write about any worries you might have and hang them on the branches. You can use the Hug Me tree at night to hang up your worries before you go to sleep....just picture it in your mind!



Imagine yourself giving the Hug Me tree a great big hug!

Children's INVOLVEMENT

MY FEELINGS COLOURING CHART



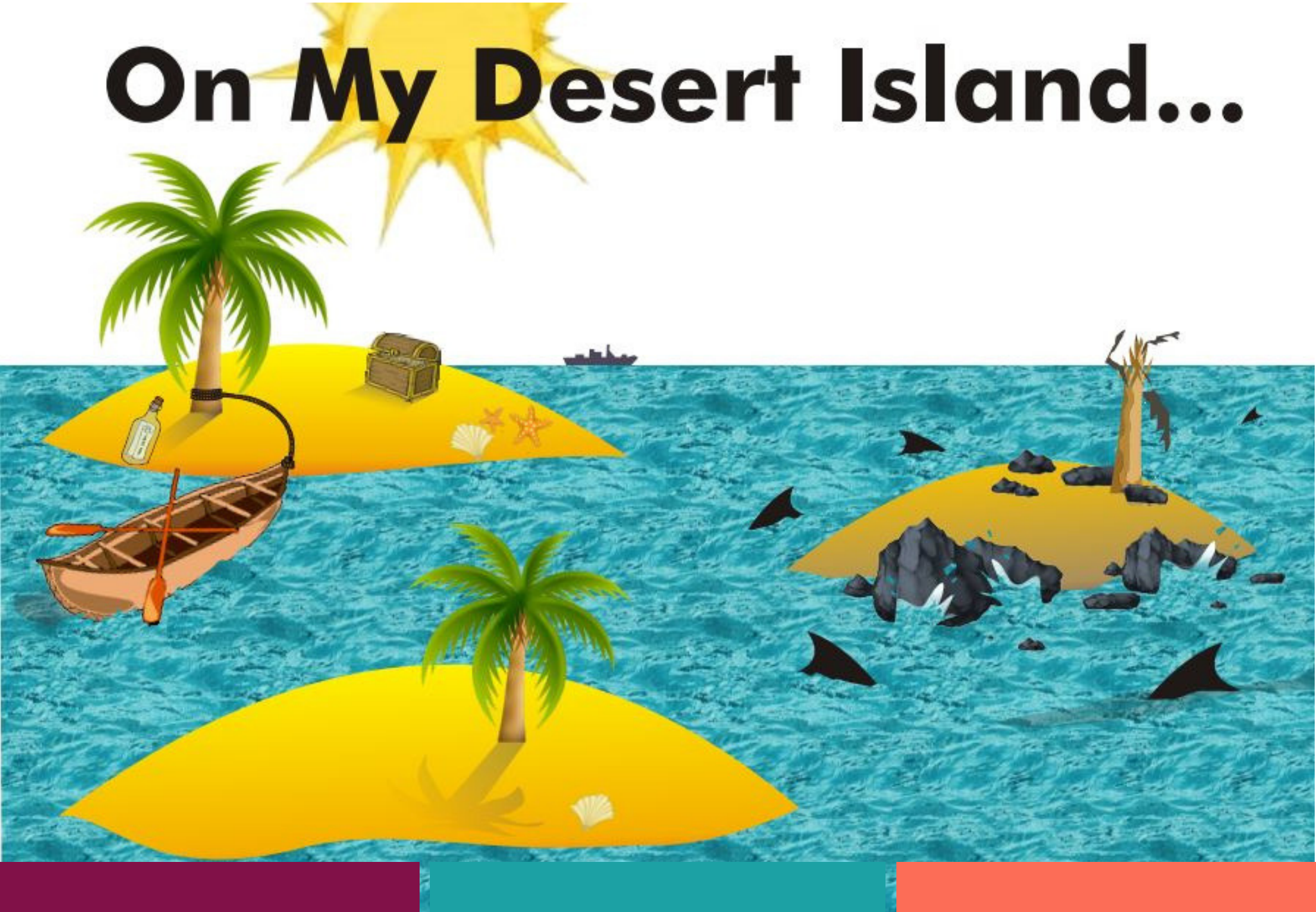
HOT AIR BALLOON

WHO NEEDS TO BE ON BOARD?

WHAT NEEDS TO BE IN PLACE FOR THE BALLOON TO TAKE OFF?

WHAT IS HOLDING IT BACK?

WHAT WILL REALLY MAKE IT FLY?

WHAT MIGHT BLOW IT OFF COURSE?

DESERT ISLAND