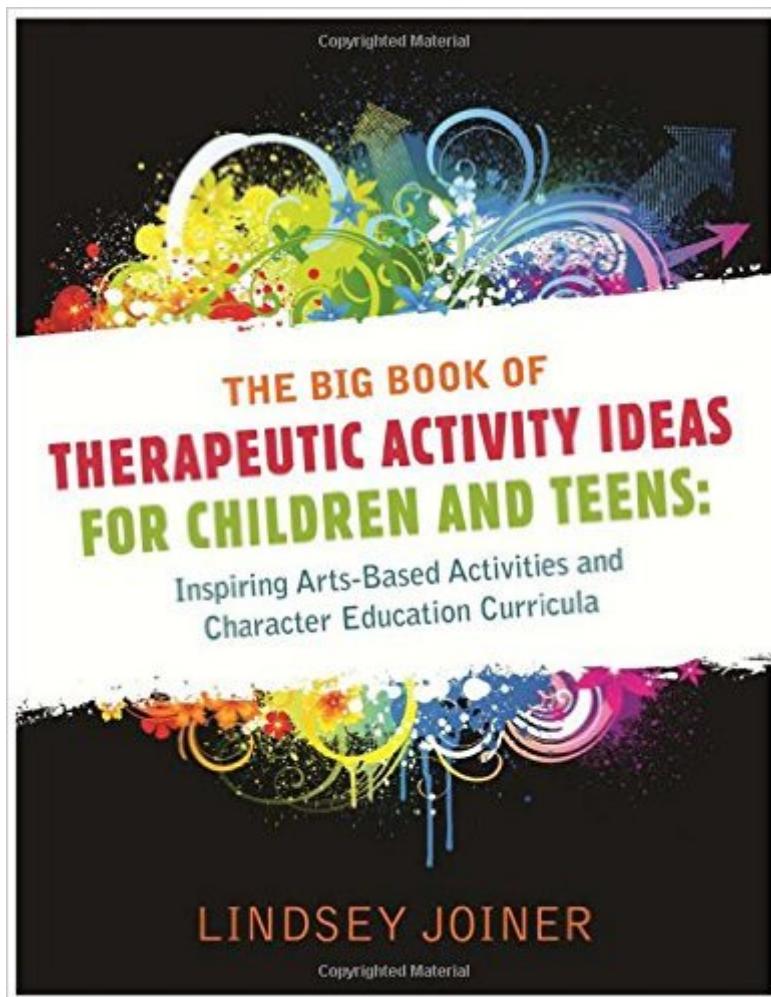


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# The Big Book Of Therapeutic Activity Ideas For Children And Teens: Inspiring Arts-Based Activities And Character Education Curricula



## **Synopsis**

For difficult or challenging children and teenagers in therapeutic or school settings, creative activities can be an excellent way of increasing enjoyment and boosting motivation, making the sessions more rewarding and successful for everyone involved. This resource provides over one hundred tried-and-tested fun and imaginative therapeutic activities and ideas to unleash the creativity of children and teenagers aged 5+. Using a variety of techniques which make use of art, music, stories, poetry and film, the activities teach social skills development, anger control strategies, conflict resolution, positive thinking skills, and many other therapeutic skills. Also included are character education activities and ideas for conducting therapeutic day camps, including sample schedules and handouts. The activities can be used in many different settings with all ages, are flexible, and can be adapted for use with individuals or groups. Brimming with imaginative ideas, this book will be invaluable to anyone working with children and teenagers, including school counselors, social workers, therapists, psychologists and teachers.

## **Book Information**

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## **Customer Reviews**

I was hoping to get more activities pertaining to my line of work as a mental health counselor, but many are geared towards group activities for camp or child care/teams etc.

I bought this, it arrived within a day, and I have used it for my group and individual sessions every day since I received it. The bibliotherapy lessons and month guidance lessons are fantastic. All are

easy to follow and easily adaptable for group size and age.

I am an Art Therapist and this book is chuck full of great ideas. I modify some but many are ready to go and work very well with my patients.

There are a lot more group-type activities in this book than what I was hoping for. I work one-on-one mostly and there are only a few activities that I could use.

Has some great ideas . and awesome ways to adapt the activity to different ages, numbers of children, etc. I love that the book tells you specifics such as the therapeutic use for the activity, and how to use it. Definitely would recommend. Also, most of the supplies needed are not costly and may already be in your office!

I love how this book is organized from the table of contents to the index of purposes of activities. Each activity is outlined clearly, including materials, and the author included suggestions for variations on each activity. This book will save me a lot of time searching different places for art- and activity-based lessons.

I am giving this book 3 stars because the book is good and is filled with many wonderful ideas and activities. However, I am an LCSW that does individual work with children and teens. There were not many things that could be done with individuals. It is mostly group work.

I'm a therapist at an acute inpatient psychiatric hospital and I bought this to use during my adolescent groups. It has some amazing group suggestions but a lot of them are more beneficial if you're able to work with teenagers over an extended period of time. My patients only stay in the hospital about a week so there wasn't many options from which I could choose. Definitely would recommend if you're working at a camp or long term facility.

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