



EARLY HELP

# VOICE OF THE CHILD

## TOOLKIT



**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**

this 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.

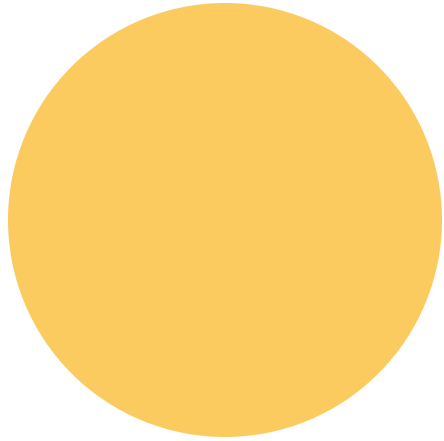
20

## DESERT ISLAND

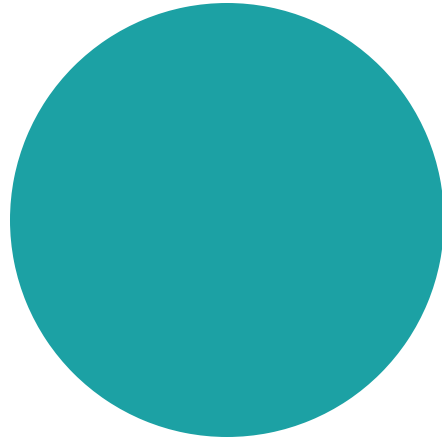
helps gain insight into a child's life without having to rely on questions and answers interviews

# ABOUT ME:

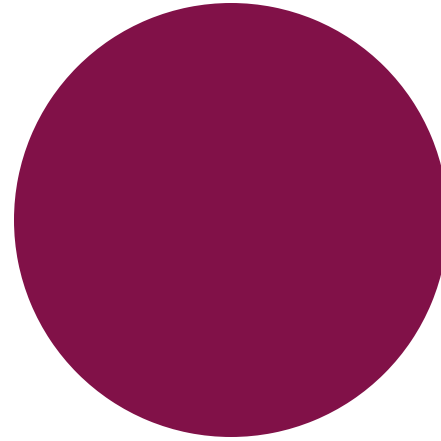
DATE



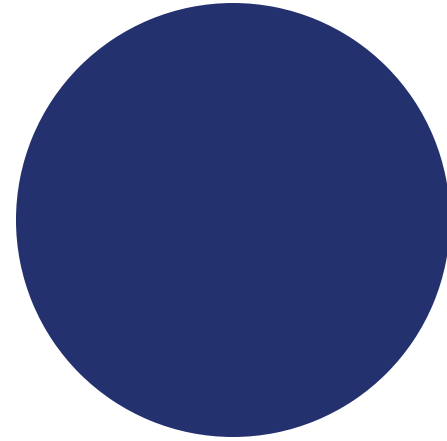
MY NAME



DATE OF BIRTH

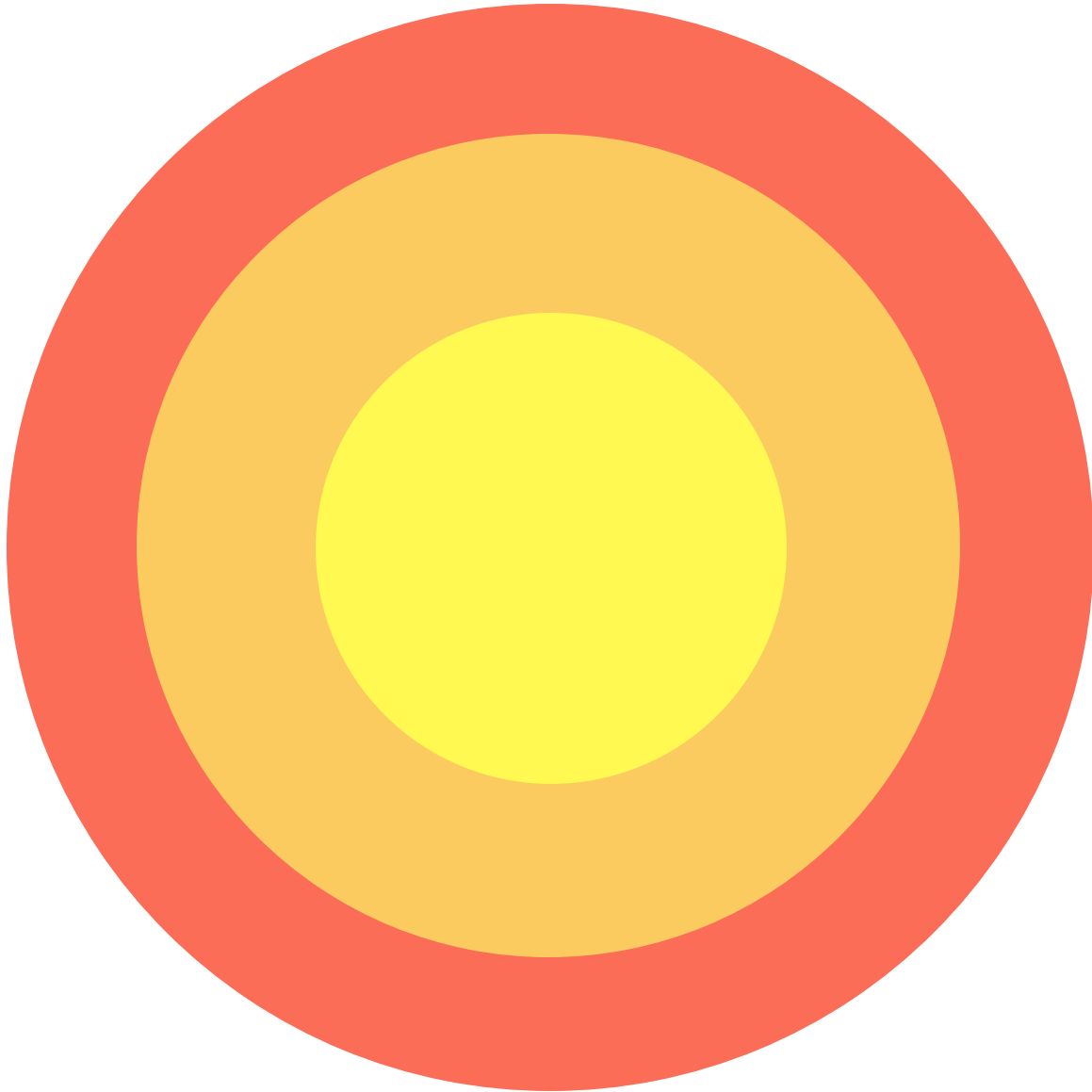


MY WORKER

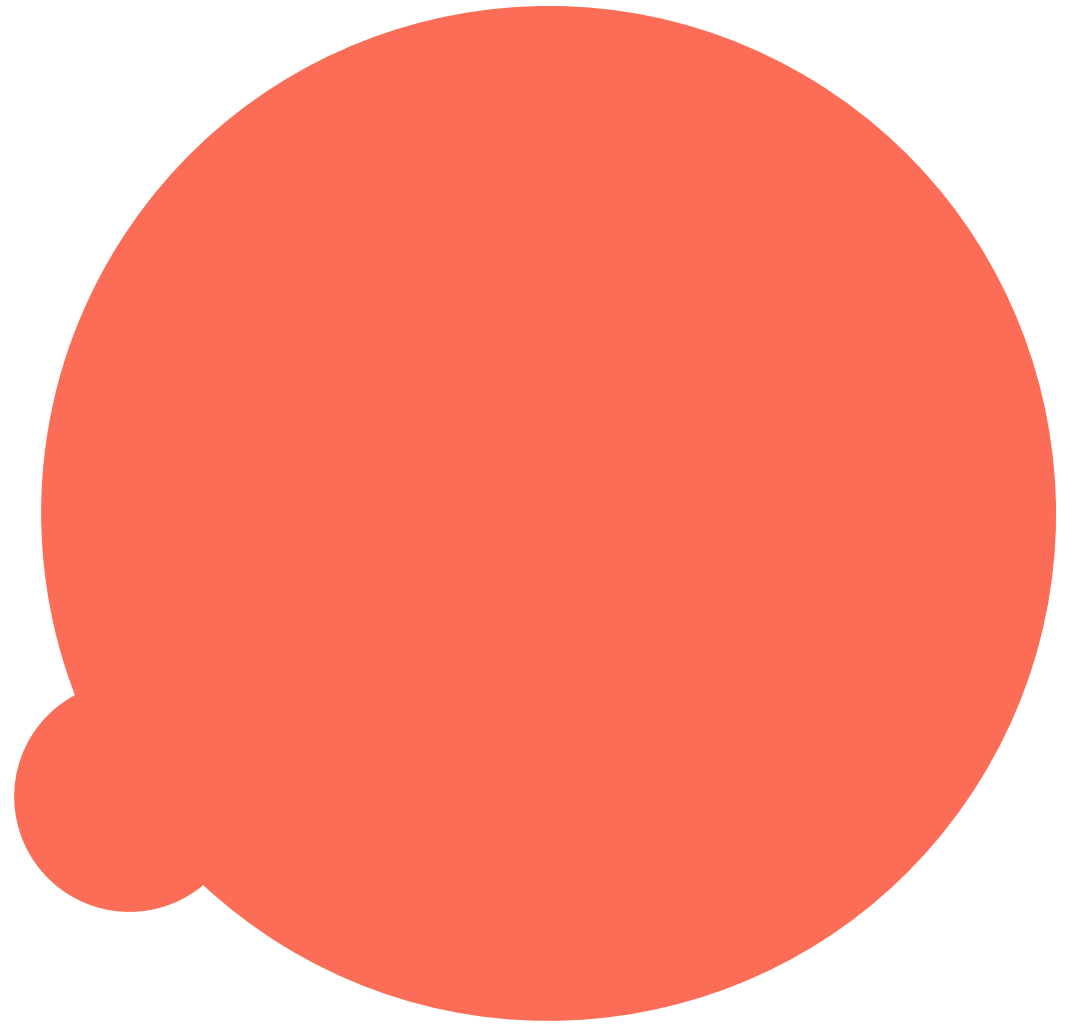
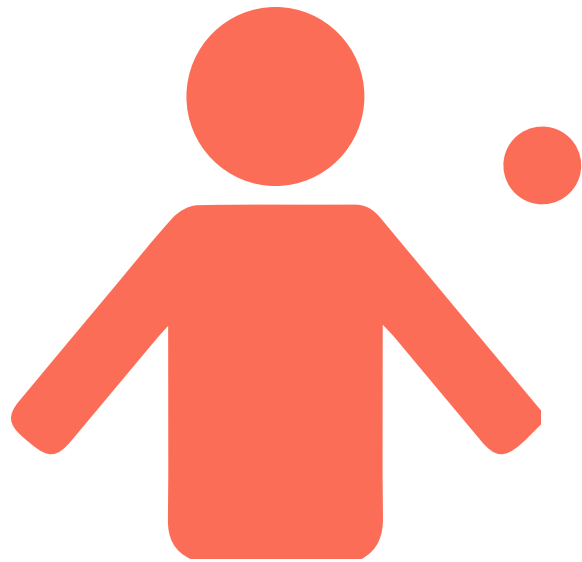


# CIRCLE OF SUPPORT:

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



5- I'm going to exlpode

4- This upsets me

3- Makes me feel stressed

2- Makes me feel a little uncomfortable

1- doesn't bother me

# PROBLEM SOLVING MOUNTAIN



What is my final choice? What am I going to do?

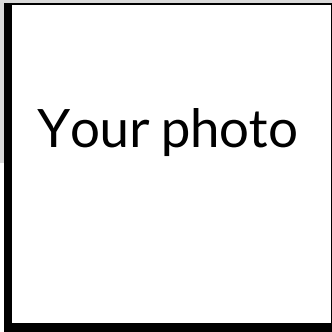
What are the effects of each choice?

What are my options and choices?

What are the barriers to solving the problem?

What are the effects of the problem?

# Your Facebook profile of the Future



Your name here

Further Education:

Work:

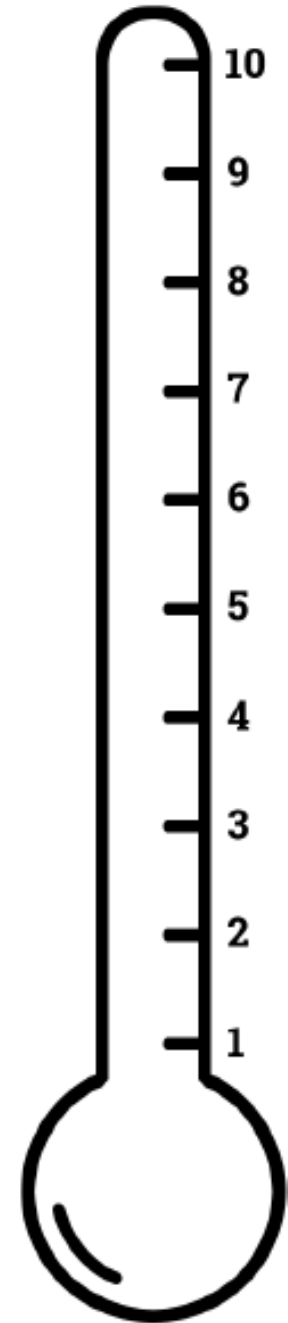
Professional skills:

Places you've lived:

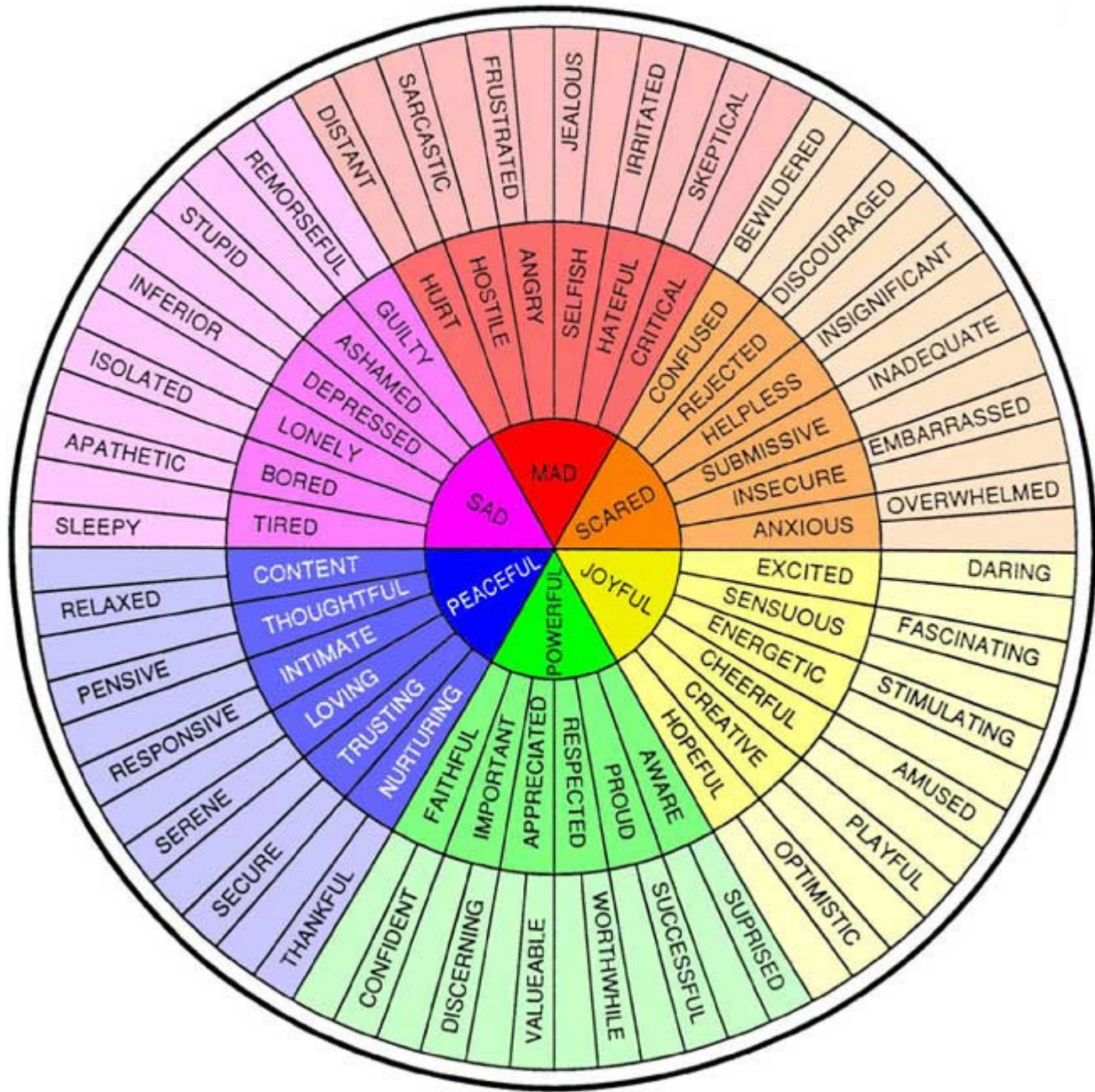
Places you've visited:

# 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!

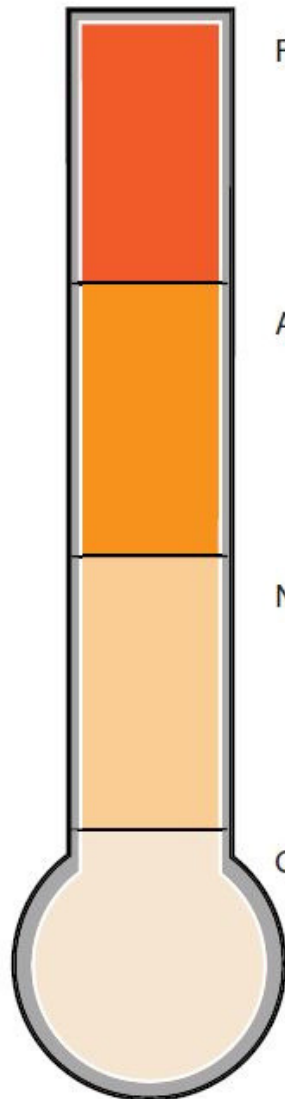


# EMOTIONS COLOUR WHEEL



# 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. \_\_\_\_\_  
\_\_\_\_\_



# 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



Things that are going well

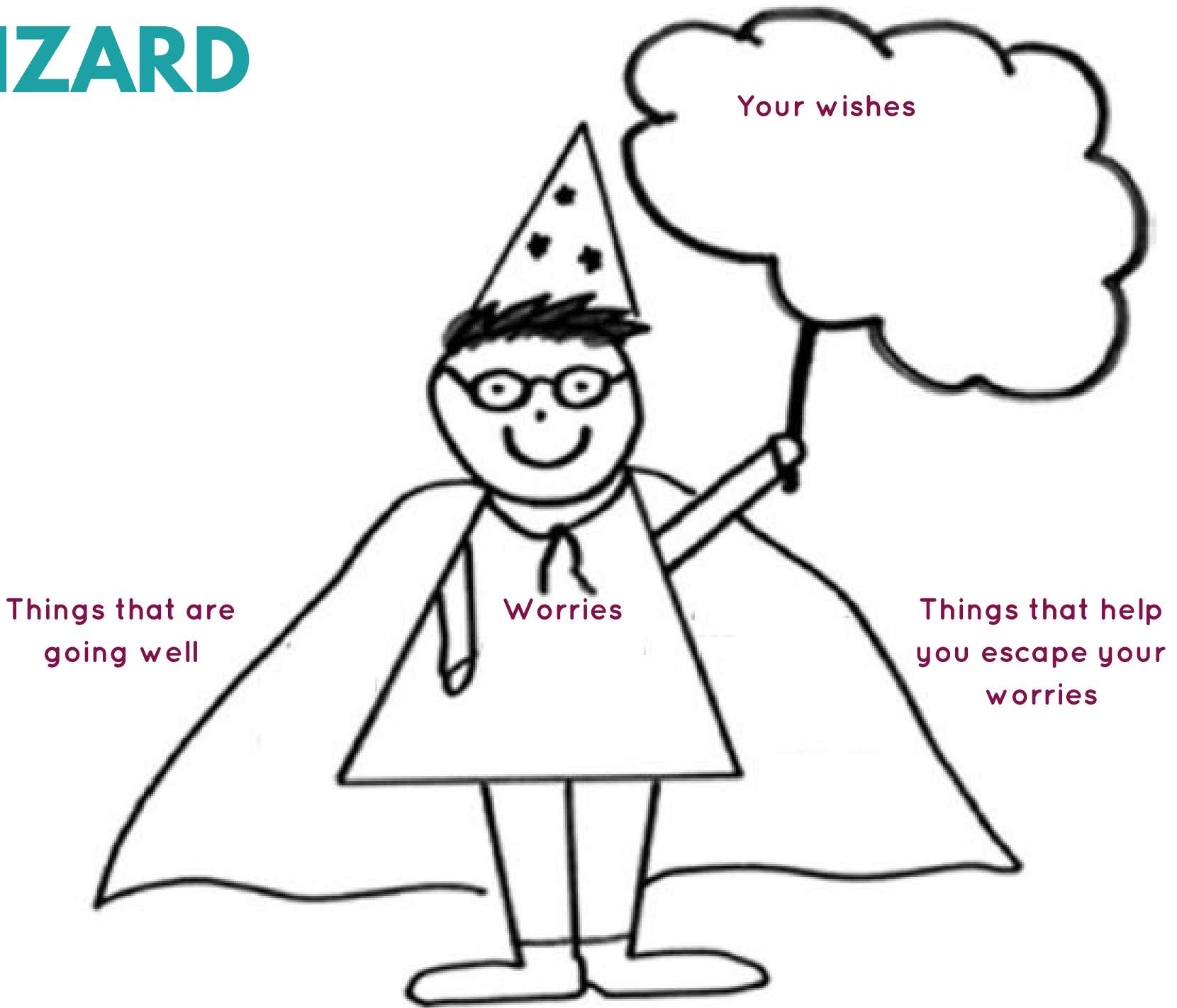
Your wishes

Worries

Things that help you escape your worries



# WIZARD



Your wishes

Worries

Things that are going well

Things that help you escape your worries



# FEELINGS AND WISHES- THREE HOUSES

HOUSE OF  
WORRIES



HOUSE OF GOOD  
THINGS



HOUSE  
OF DREAMS



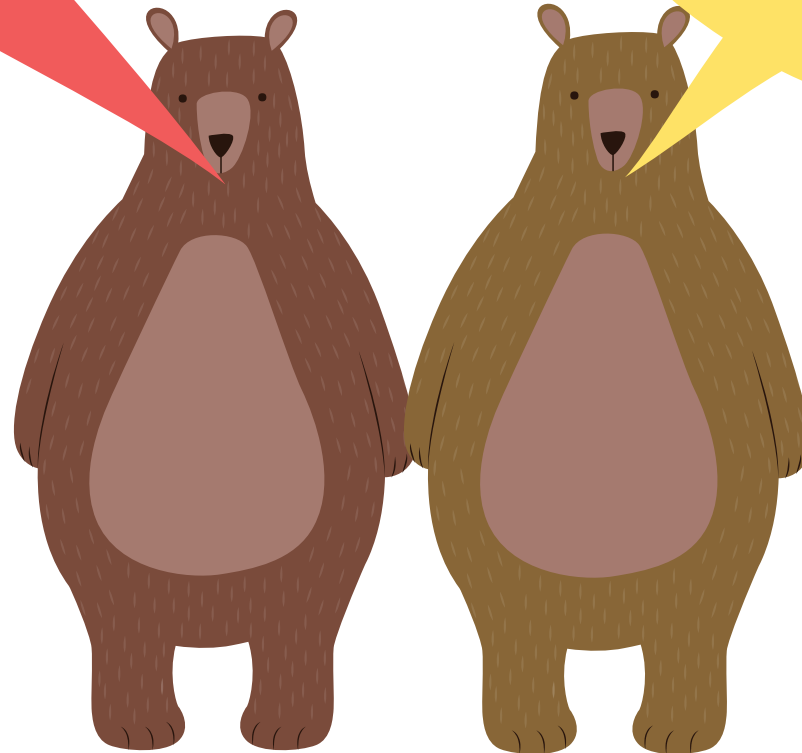
# 33 THINGS A CHILD SHOULD DO BY THE AGE OF TEN

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?

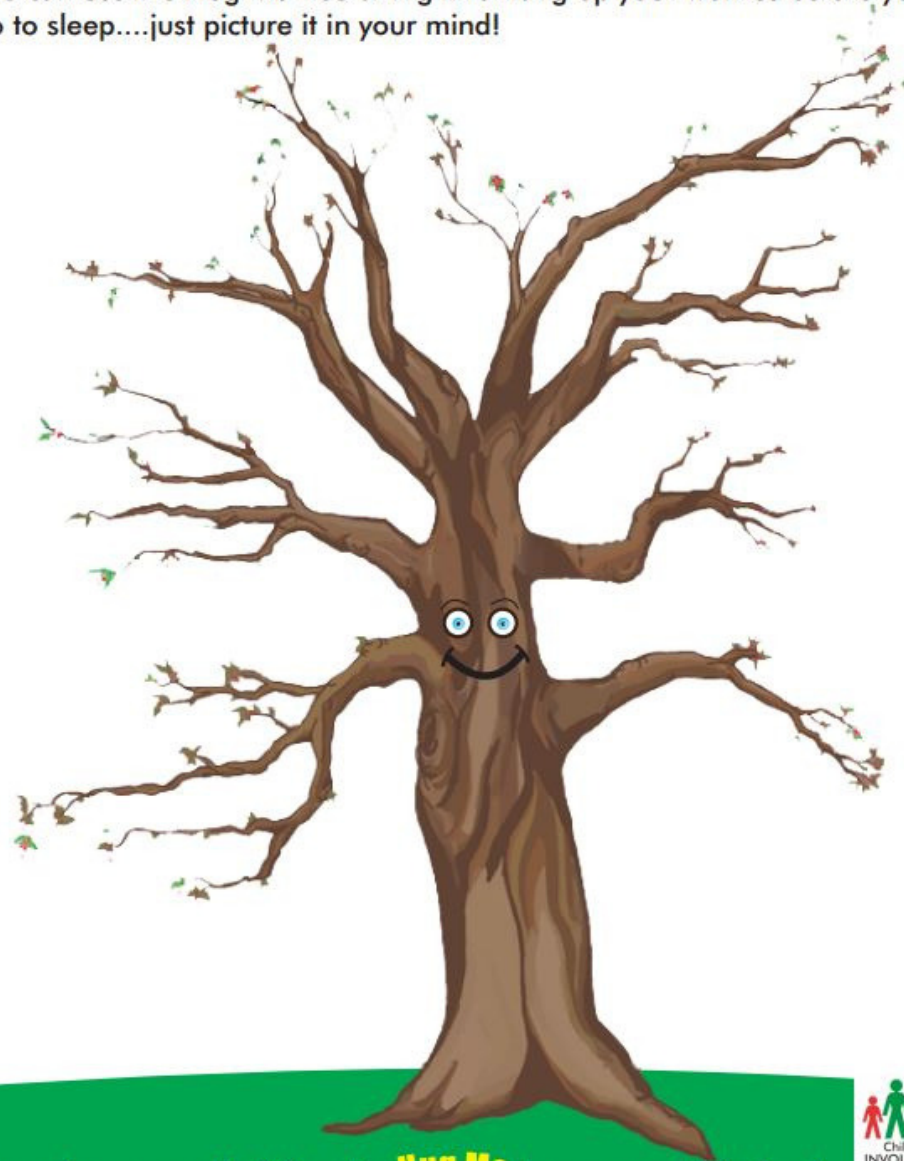


# FEELINGS, THOUGHTS & BEHAVIOURS

| Event - What happened?  |                   |                               |  |
|---|-------------------|-------------------------------|--|
| Feelings  | Thoughts          |                               |  |
| How do I feel?  | What do I think ? | What are my options/choices?? | What might happen?<br>Possible effects |
| <b>Behaviour - Action</b><br>How will I respond?? What will be best for me and others? What do I <i>choose</i> 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!

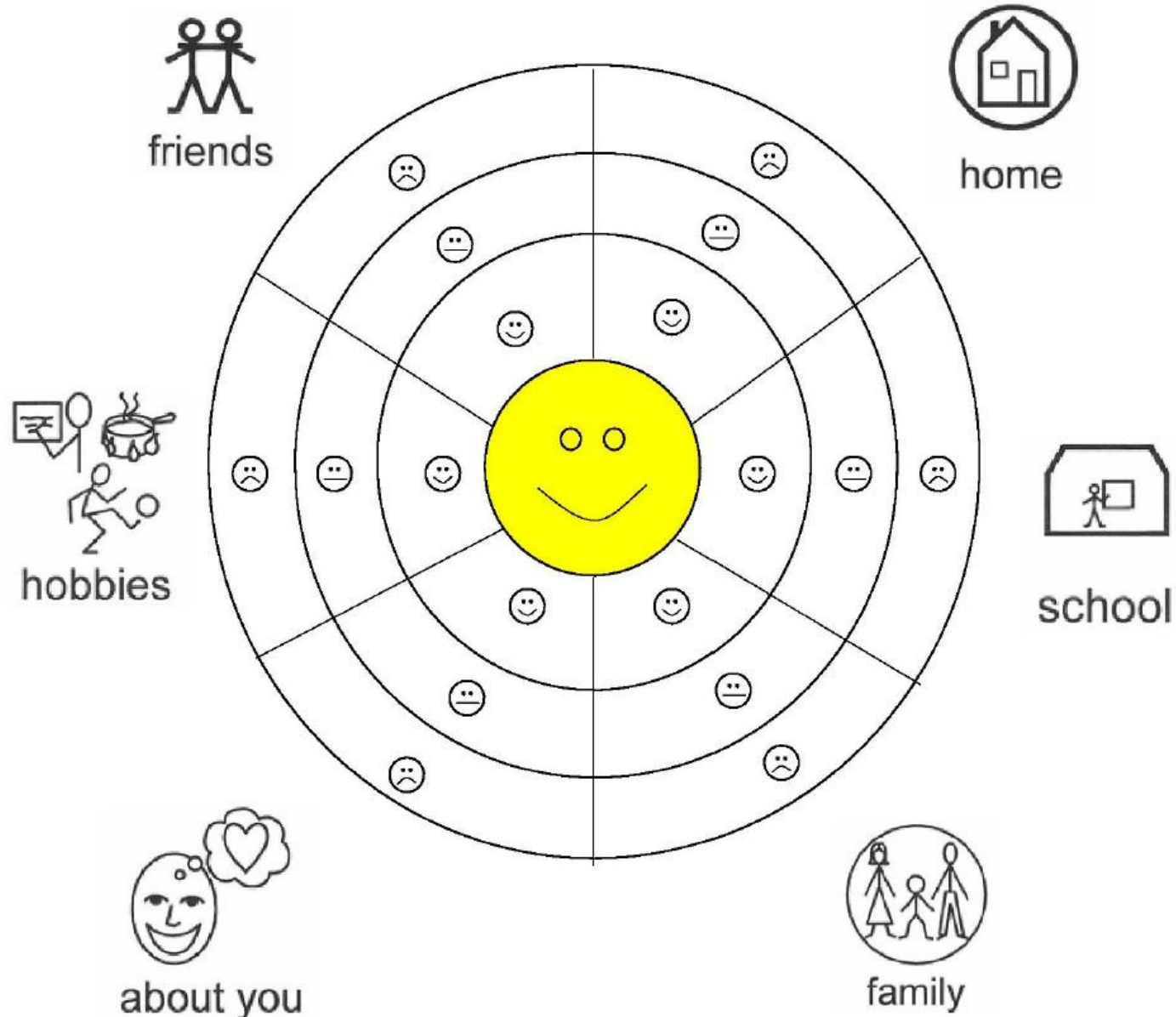


Imagine yourself giving the **Hug Me** tree a great big hug!



# MY FEELINGS COLOURING CHART

How happy are you?



# 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

## On My Desert Island...

