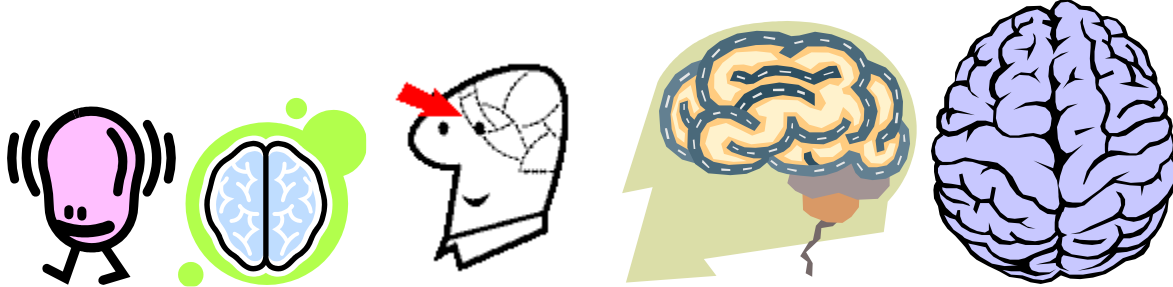


Cognitive Work with Young Children

“Worry Brain” exercise – trying to get the child to identify negative or distressing thoughts.

Draw a rough sketch of a brain with the child. (I found these on Microsoft clip art)



Ask the child if he/she can identify different worries/distressing thoughts. Some examples:

“What kinds of thoughts go on in your brain or in your head?” “What kinds of things do you think about?” “What words go through your mind while your trying to go to sleep?”

After child identifies a few distressing/negative thoughts, ask him to color how much of his brain is occupied by that thought? “How much do you worry about _____?” Can you color the brain to show me how much you think/worry about _____?”

If child is having difficulty, try some examples:

“What part of your brain worries about dad hurting you?”

“What part of your brain worries about kids at school making fun of you?”

“What part of your brain thinks about messing up at soccer?”

“What part of your brain worries that you won’t make the baseball team?”

“What part of your brain worries about being taken away from your grandma?”

Can then use cartoons and clip art to help kids identify more thoughts and to connect thoughts, feelings and behaviors. (i.e., stick figure with empty balloon over their head as a place for child to write their thoughts)