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# Welcome Day 4

## Child Counselling

Foundation Course



## What we have done so far

- Common issues in childhood
- Doing the ground work
- Red flag checklist
- Parenting styles
- Practice session
- The first session
- Ice breaker activity
- Case study analysis

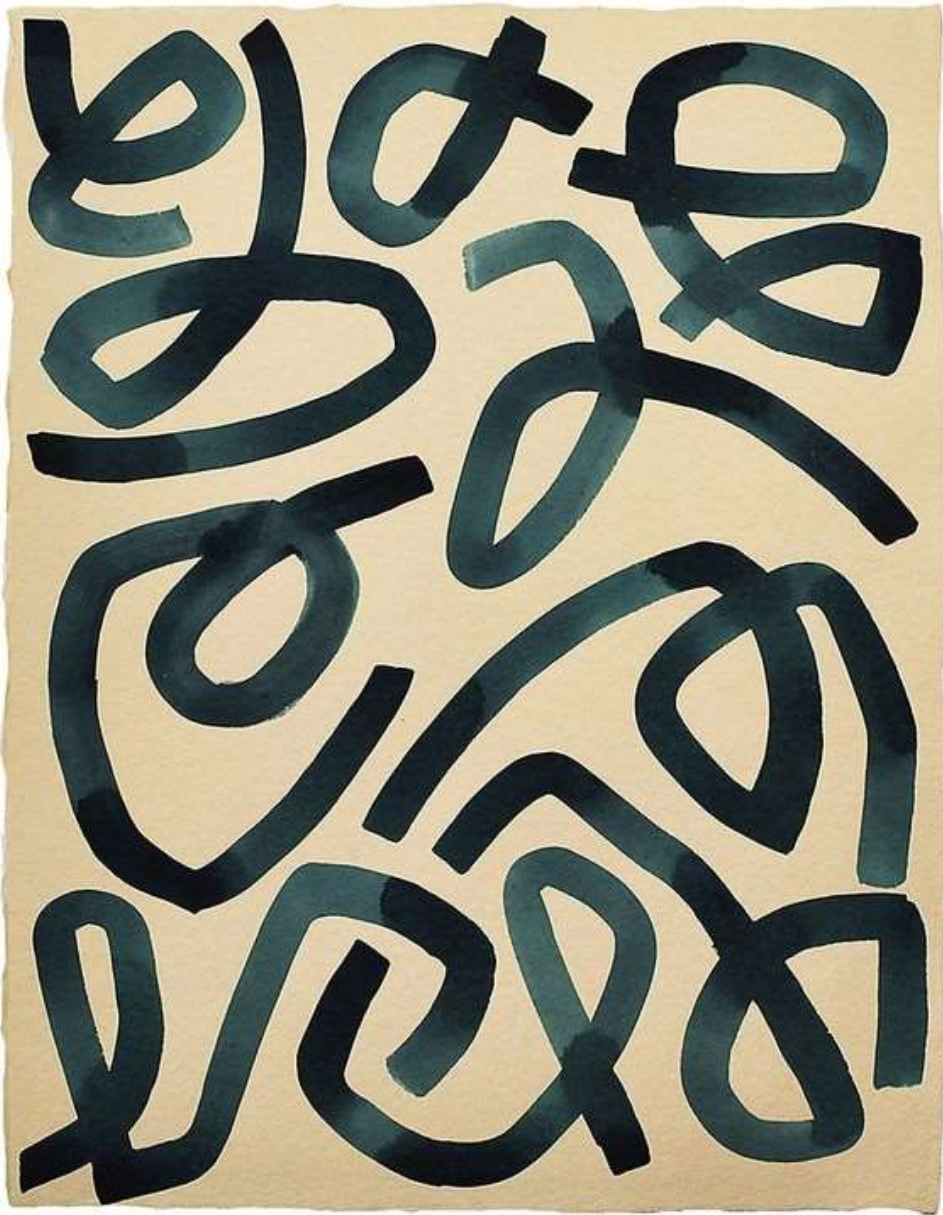




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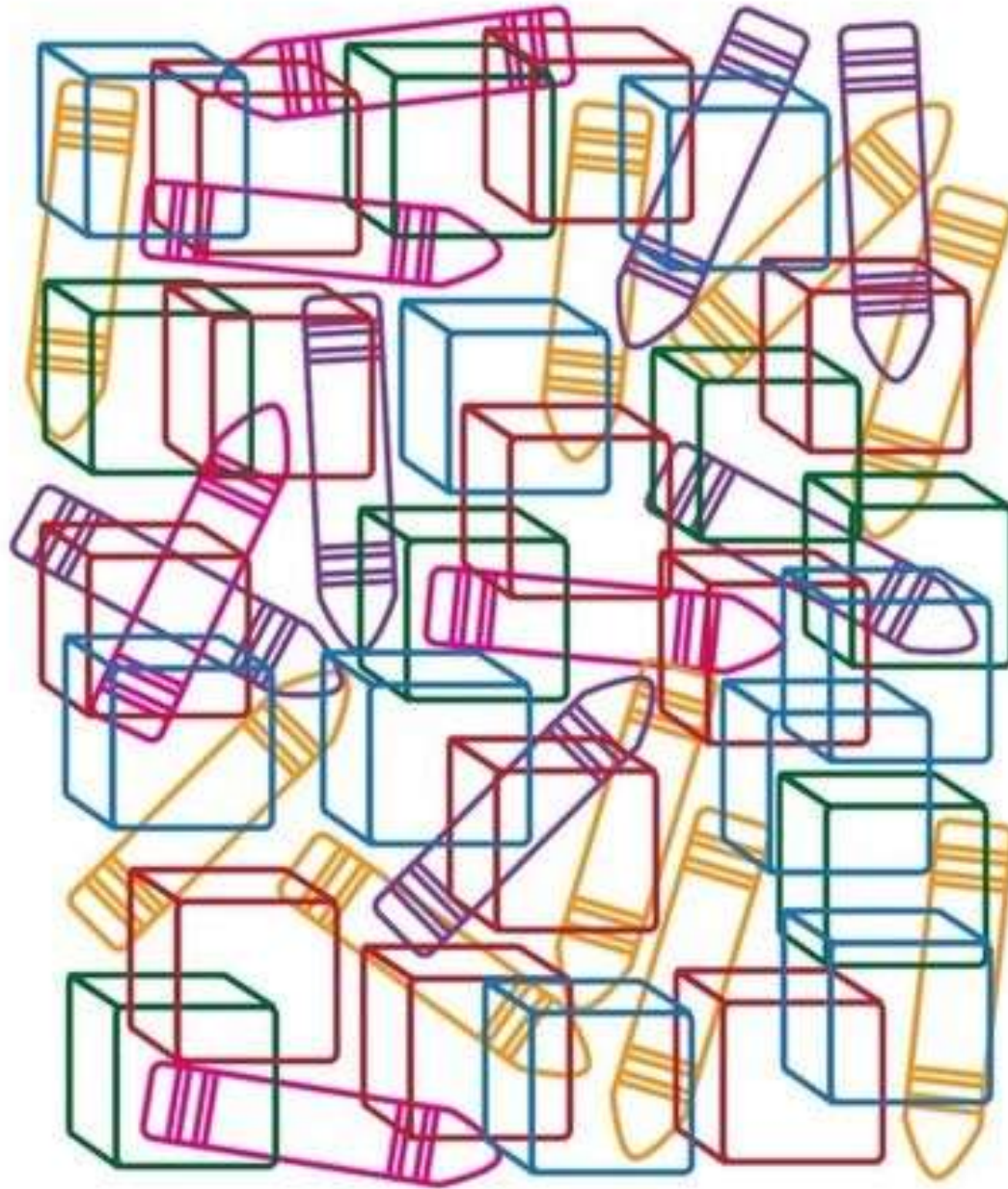
# The Squiggles

Activity



# Flow

- Observation
- Engagement
- Exploring



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# Procedure

I. The child engages in squiggle drawing (there is no right or wrong way of doing it: all responses are correct. Focus more the process than the product)

II. **Observe:**

- Time taken: slow vs hurried
- Amount of squiggles: too tangled vs loose
- Pressure of pens: hard pressed vs faint

III. **Suggest** the child to look for symbols in the squiggle (you may do the activity to encourage responses)

Iv. Ask the child to write a short story that includes:

- What was happening
- What is happening
- What will happen

IV. **Avoid analysing** instead try initiating responses from the child what:

- he/she feels
- how the objects are feeling in the story
- what would they prefer doing if there is a problem

V. Go by **feeling words**



# Application

- Free flow
- Warm up/ice –breaker
- Conversation starter
- Insight into core feelings
- Drawing analysis (related to symbols) – Learn in our [Advance Counselling Certificate Course](#)



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