

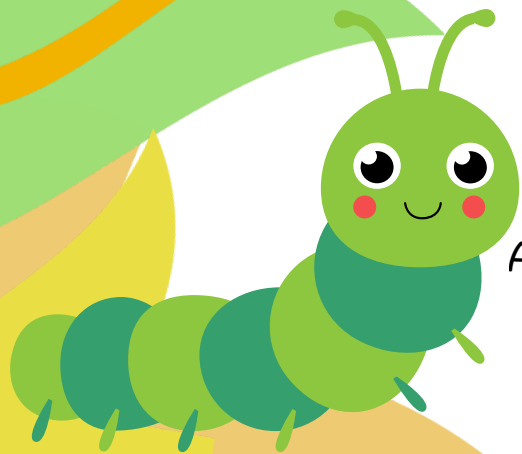


The GREEN HOUSE



CHOOSING THERAPY

Colouring Book



A colouring activity book for you and your parent/carer
for when you come to your Initial Meeting and when
choosing therapy at The Green House



In this book you will find...

My Grown Up's Page.....pg 2

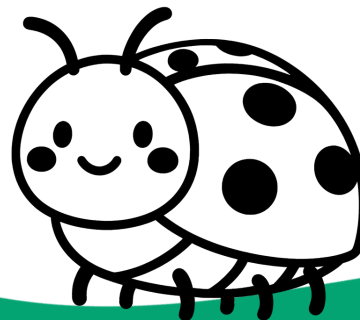
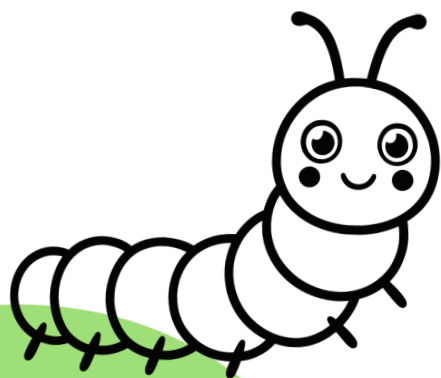
About The Green Housepg 3 & 4

Making and Playing in Therapy.....pg 5 & 6

Choosing 12 or 24 sessions.....pg 7, 8 & 9

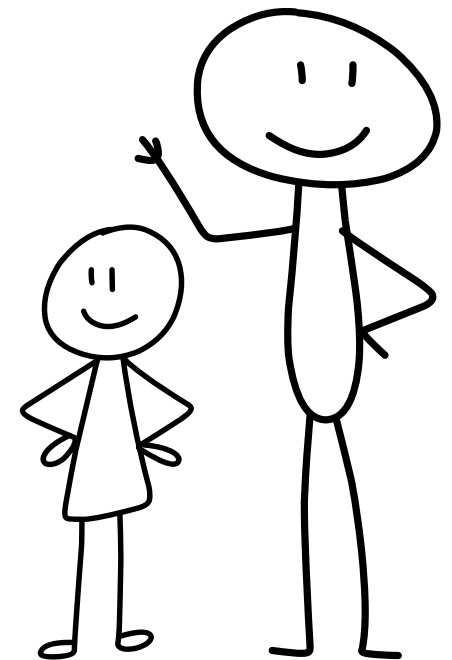
Choosing the gender of my therapist.....pg 10

Caterpillar maze game.....pg 11



My Grown-Up's Page...

- The aim of this booklet is to help your child decide if they would like to have therapy at TGH and have some fun drawing and colouring as well.
- It can help you to start the conversation about therapy, support them in choosing 12 or 24 sessions and to decide if they prefer a male, or female therapist.
- Your child might enjoy colouring in as you read the words out loud to them.....and maybe you can both colour in some parts together!
- Choose a good time to read it with your child, maybe during the day when your child is feeling calm. It is probably best not to read it at bedtime, as it could bring up anxiety.
- You and your child know best. So please feel free to use this how you both want to.
- If you think it would be helpful there is a video showing the inside of the therapy rooms at The Green House online at <https://youtu.be/XiYVhcCc6hk>



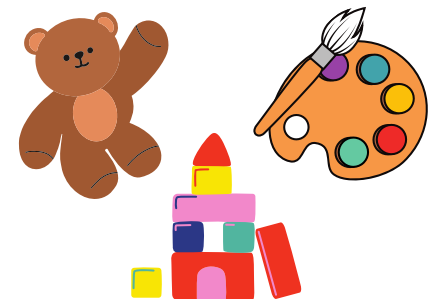
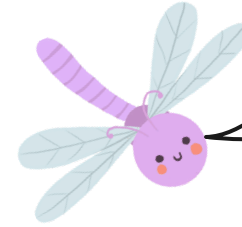
You might like to
Colour in The Green House...

[You don't have to stay in the lines, or use the right colours, you can do it your own way!]



About The Green House...

The Green House isn't actually in a green coloured house any more, but we liked the name, so we kept it.



Children come to find out if they want to have therapy at The Green House after difficult things have happened to them.



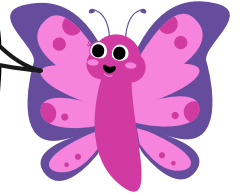
Therapy is somewhere you can share any feelings and find ways to feel better with a safe and kind grown up called a therapist.



Therapy is a place where you can talk, play or make things.
It's up to you what you do.

Draw a picture of something that
you like and that is special to you...

you might like to
bring a favourite toy,
teddy or blanket to
your therapy
session



Making and Playing in Therapy

In the therapy room you can draw, paint and play with toys, use your imagination, make stories, make slime, play with sand, use clay, play pretending to be characters and play games...

You choose what you want to do, make or talk about!

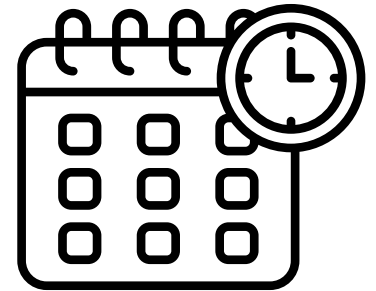
You can bring your favourite thing from home if you like.

Playing and Making can be fun...
and it can also help us to let out, or show big or tricky feelings too.



Choosing 12 or 24 sessions

Therapy sessions are 50 minutes long (a bit less than 1 hour) and they happen at the same time every week.

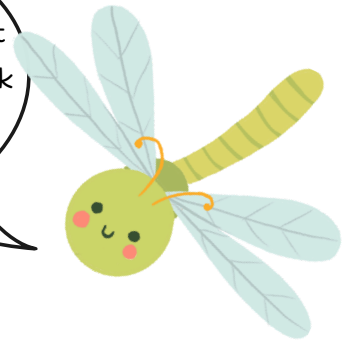


At The Green House you get to choose if you want to have 12 or 24 Therapy sessions...

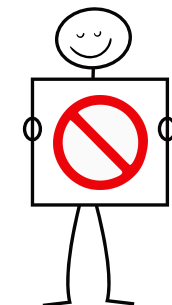
12 sessions is about 3 months

24 sessions is about 6 months

Colouring in the calendar on the next page might help you think about the number of sessions you'd like

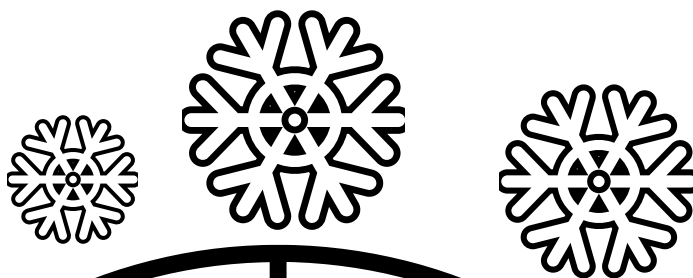


It is usually a longer wait for 24 sessions than for 12 sessions.

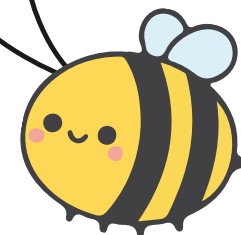


You can stop therapy if you want at any time.

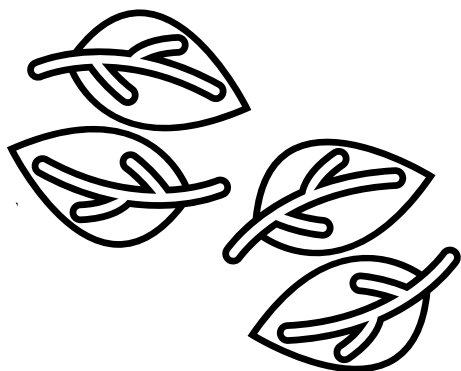
WINTER



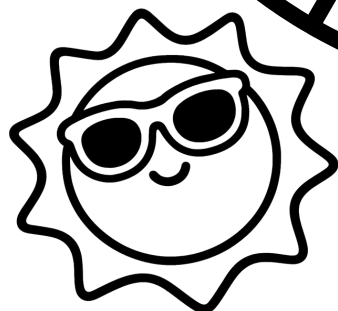
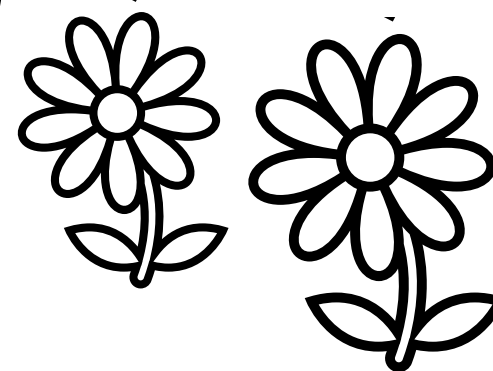
You might like
to colour in 3 months if
you want 12 sessions, or
6 months if you want 24
sessions



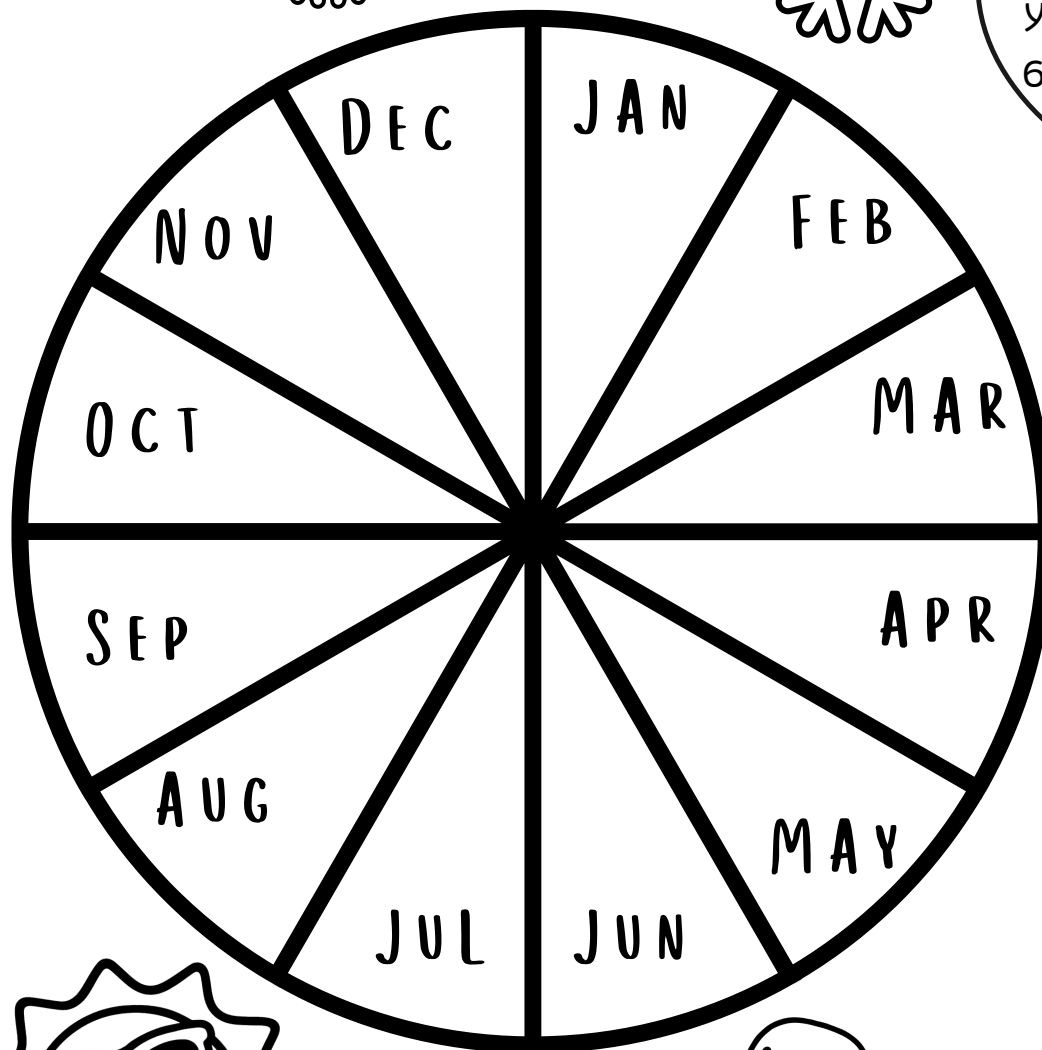
AUTUMN



SPRING



SUMMER



I would like to have....

You can tick a box to show how many therapy sessions you would like to have



12 sessions of therapy

☐

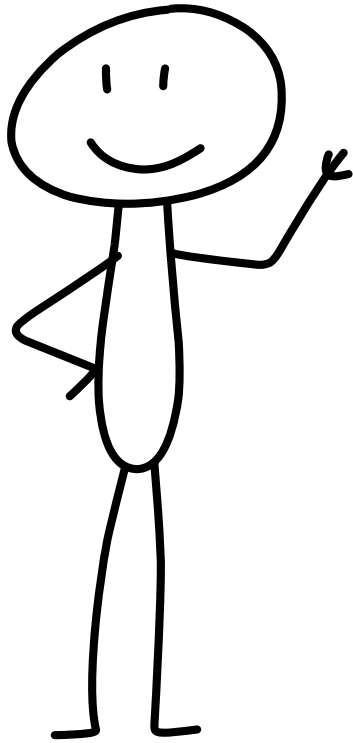
I'm not sure yet

☐

24 sessions of therapy

☐

Choosing My Therapist...



I would like a
Man Therapist

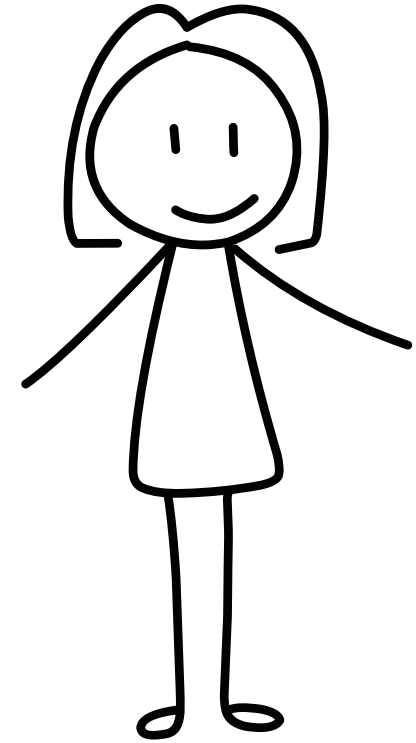
☐

All the therapists at The Green house
are safe, friendly and they can talk
about anything you like.

You can choose if you would like to
have a man or a woman therapist, or
you might not mind.

Tick a box to show what you want.

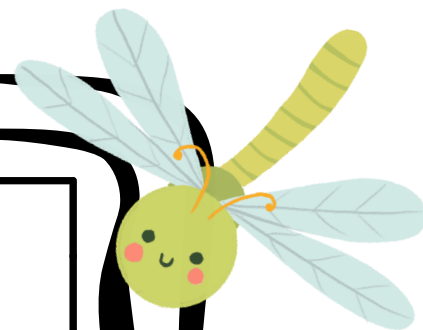
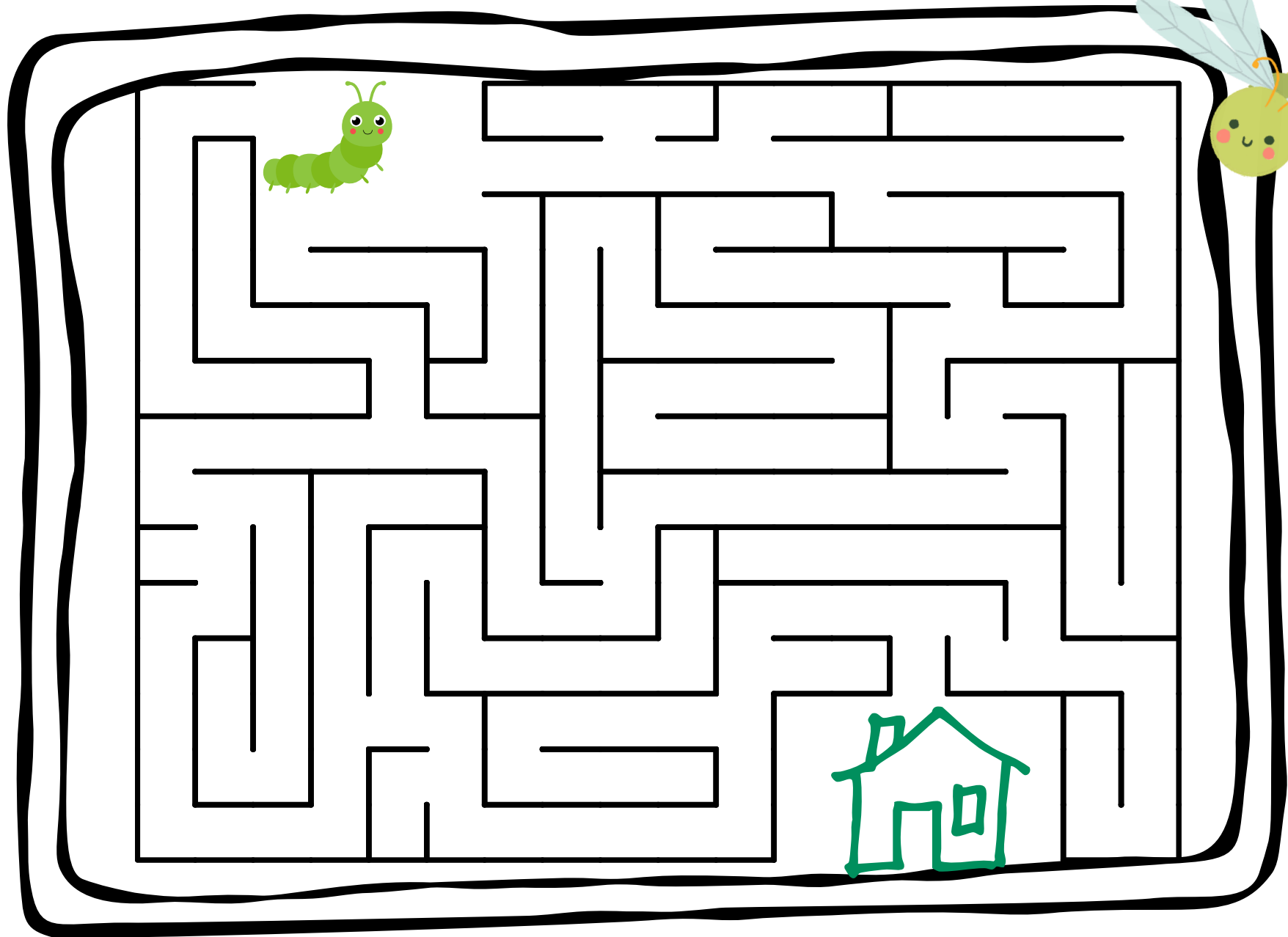
I dont mind
who I have

☐

I would like a
Woman Therapist

☐

Can you help Caterpillar find his way
to back to The Green House?



We look forward to seeing you at



If you would like to leave us some
feedback on this colouring book, please
scan here

