

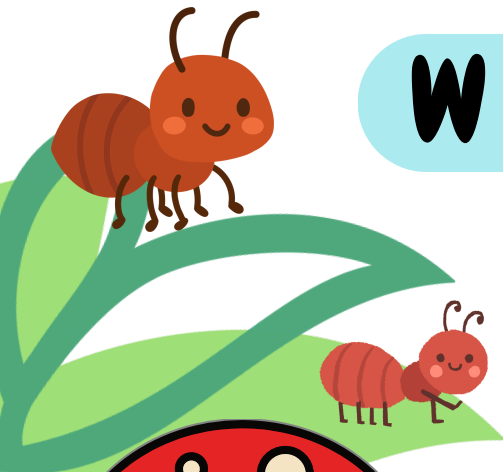


The GREEN HOUSE



WAITING FOR THERAPY

Colouring Book



A colouring activity book for you and your parent/carer for after your Initial Meeting and whilst waiting for therapy at The Green House

In this book you will find...

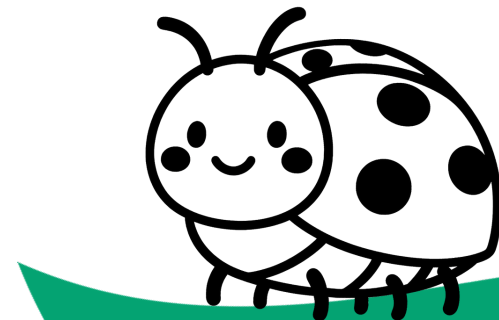
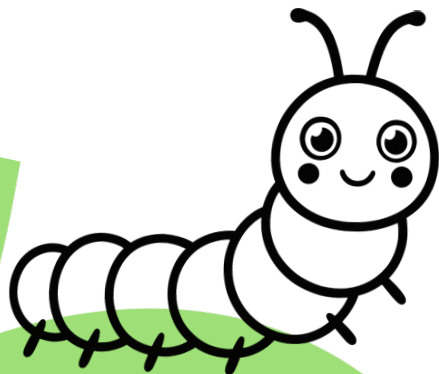
My Grown Ups Page & Draw My Grown up.....pg 3 & 4

About The Green Housepg 5 & 6

Some Things about Mepg 7

Find the 10 differences picture game.....pg 8

Who will I see? & Therapist Promise.....pg 9 & 10





In this book you will find...

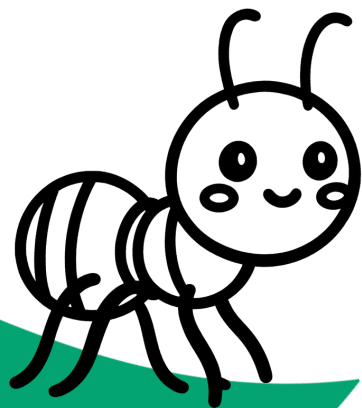
Therapy Bubble (confidentiality).....pg 11 & 12

When you come to The Green House.....pg 13 & 14

Making and Playing in Therapy.....pg 15 & 16

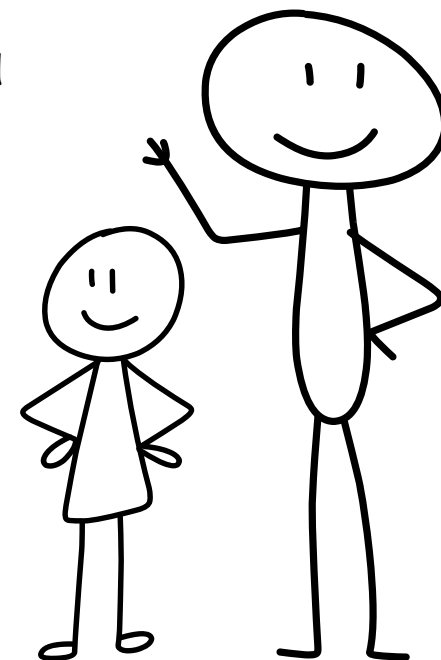
A Therapy Room at The Green house.....pg 17

Colour in how many months until therapy starts calendar.....pg 18



My Grown-Ups Page

- The aim of this booklet is to help your child get ready for coming to The Green House and have some fun drawing and colouring as well.
- 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!
- Your child might like to revisit this booklet at points during their time waiting for therapy to start.
- 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>

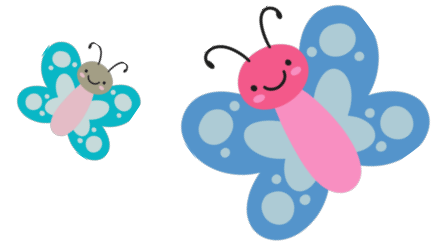




This is a drawing
of my grown up/s...

The name of my grown up
that will bring me to
The Green House is

Sometimes children can feel
worried about coming to The
Green House for the first time.



Your grown-up will always
stay with you for as long as
you want them to.

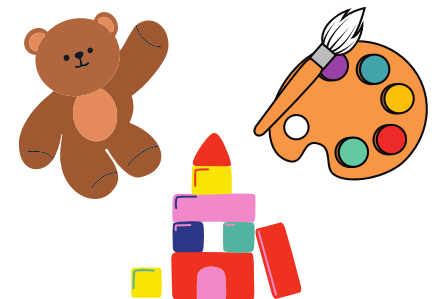
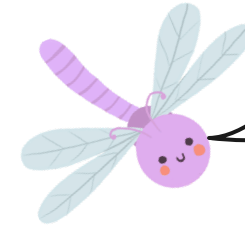


You might like to use your imagination and
draw a house for Bee



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.

This is a drawing of
me...

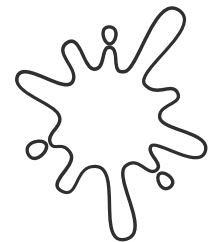
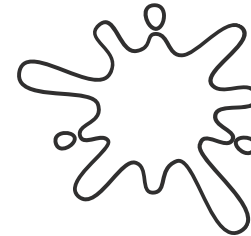
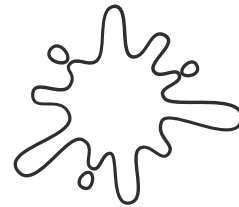
Some things about me...



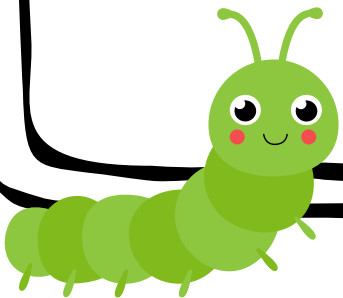
My name is _____

I am _____ years old.

My favourite colours are...



My favourite toy, game or thing
to do is...



Can you find 10 differences?

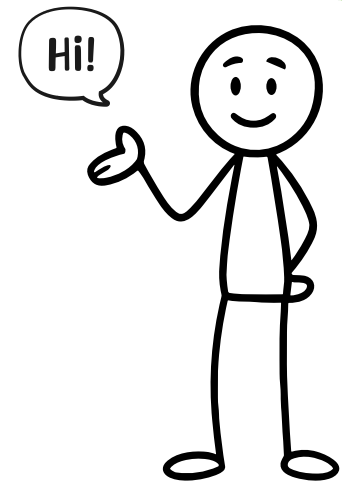




Who will I see?

You will see a person called a therapist.

A therapist is a safe, friendly grown up, who's job is to help children with their feelings and with the difficult things that have happened to them.



Therapists can help children sort out their muddled-up thoughts and feelings.

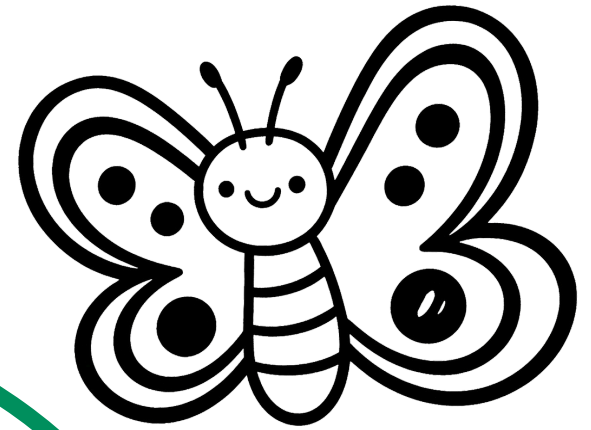


They can help children to feel happier and less worried.

Have a look on our website to see our therapists. You can come and meet a therapist and see what you think.

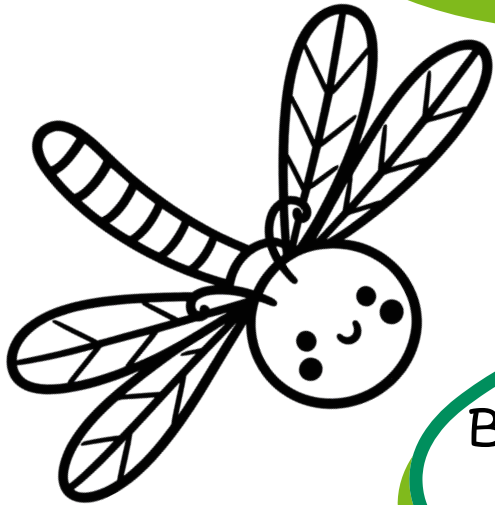


Your therapist promises to...



Always
let you choose
what to say
and do.

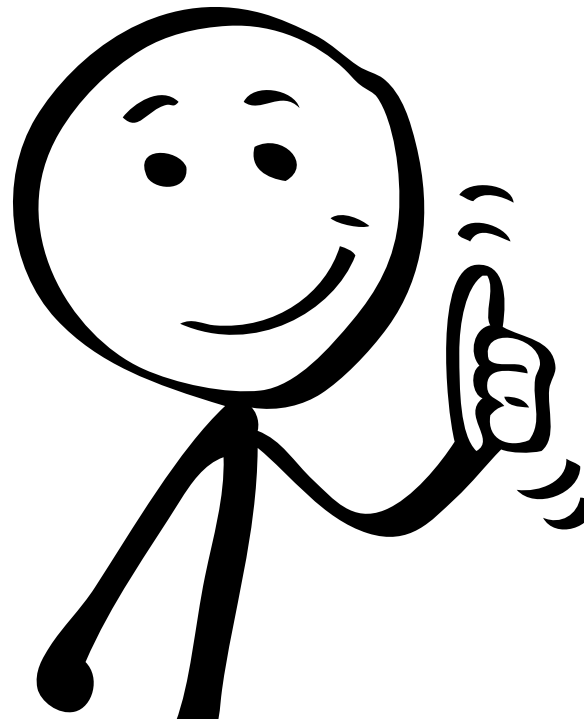
Never think that
you are bad...
no matter what!

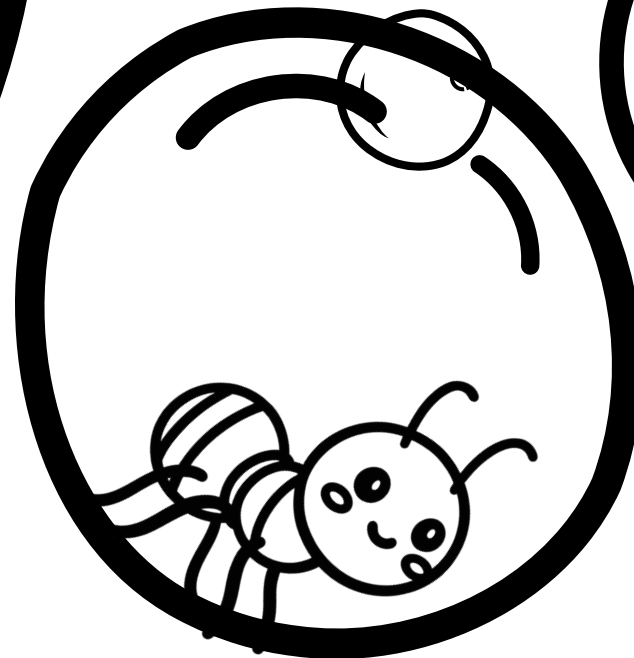
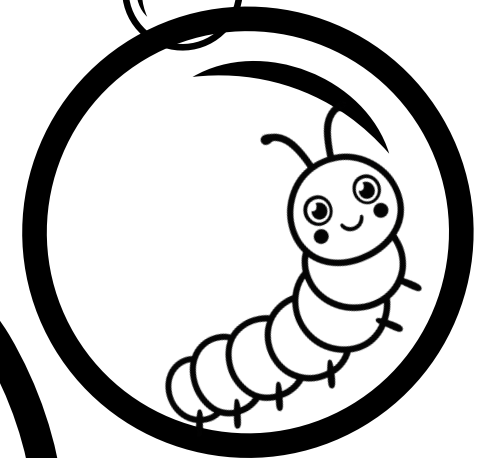
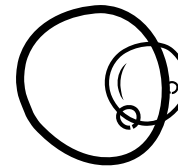
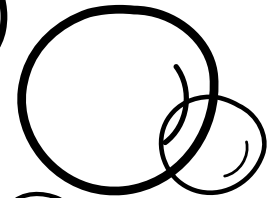
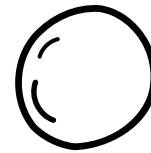
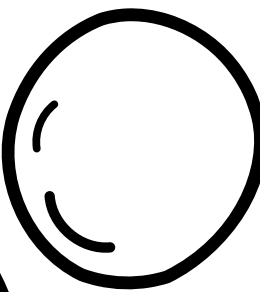
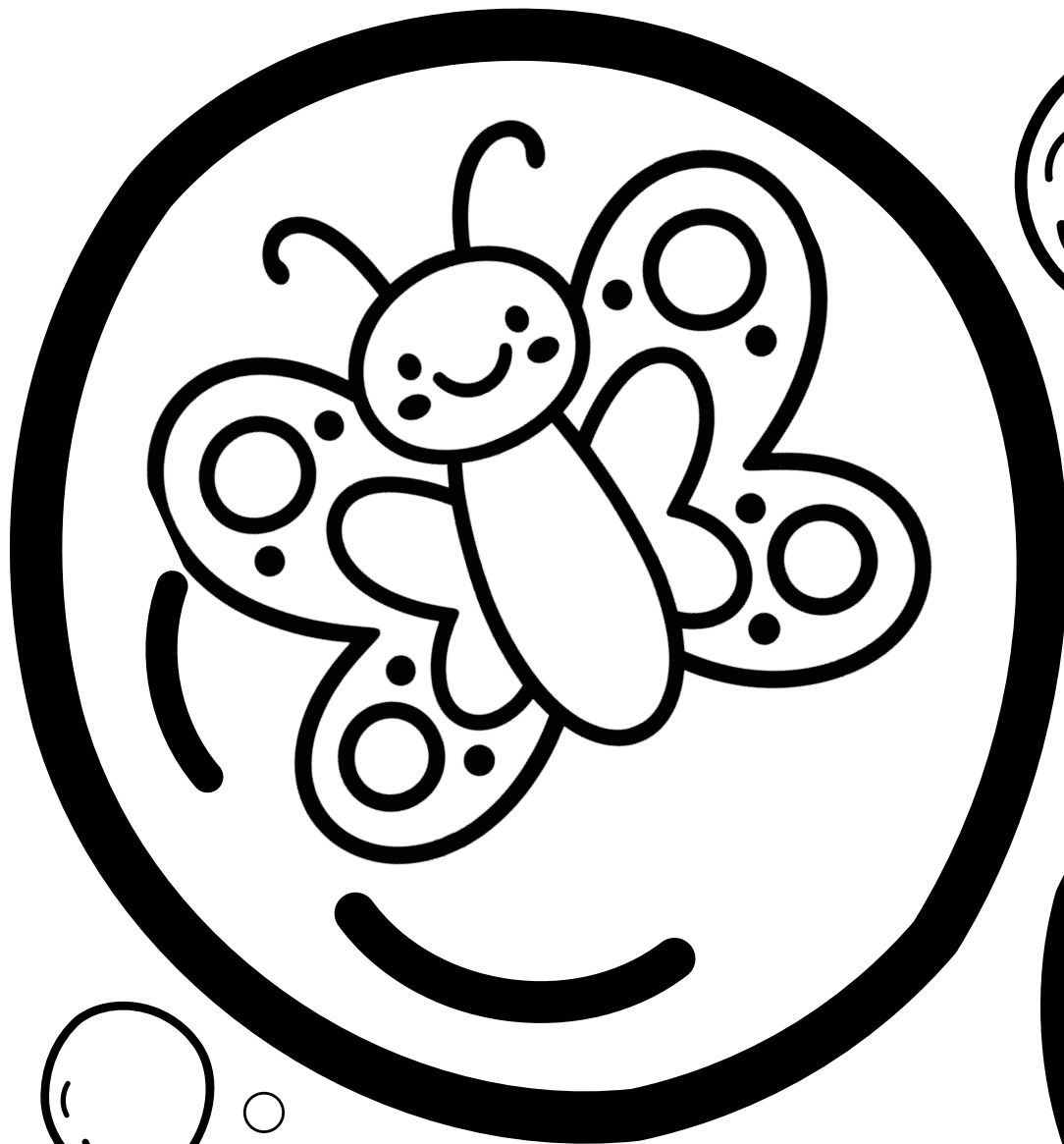


Be Safe, kind,
and calm

Always try to
understand

Always
tell the
truth.





Therapy is like a bit like a Bubble

Sometimes your therapist will talk to the people who look after you so that they know how therapy is going and can help you even more...

...but only ever the things you agree for them to share!

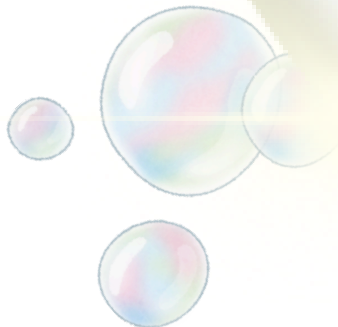
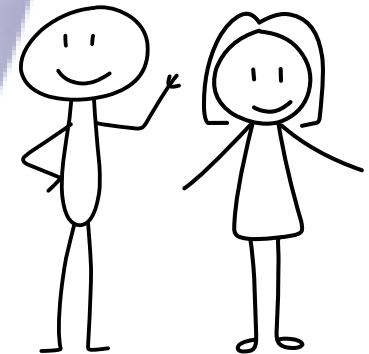
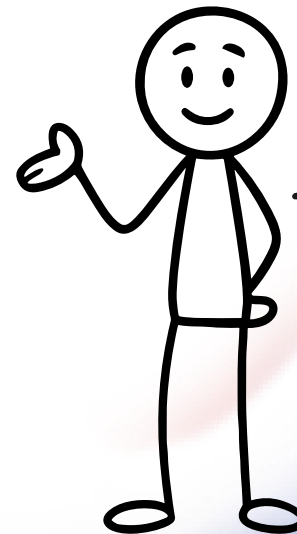
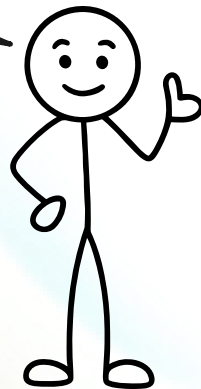
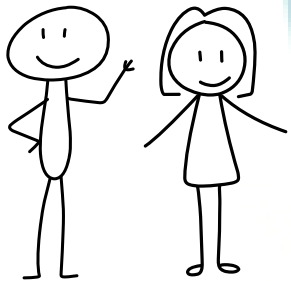
You can tell anyone about what you say, do and make in therapy... or you may not want to...

It is up to you!

Because it is a safe place for you to explore how you feel.

BUT...
if your therapist is worried that you are **not safe...**

...then they will need to tell other adults ...to make sure that you **are safe.**



When you come to The Green House...



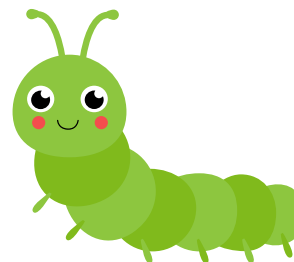
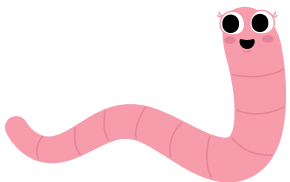
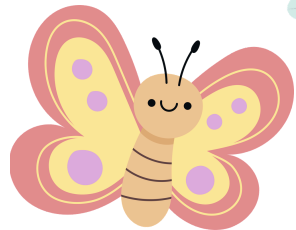
Someone will open the door, smile and say 'hello'. They will show you where you can wait and get you and your grown up a drink if you want. You might want a squash or a hot chocolate.



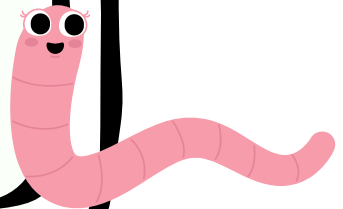
In the waiting area there are books, fidget toys, paper, and pens, to play with.



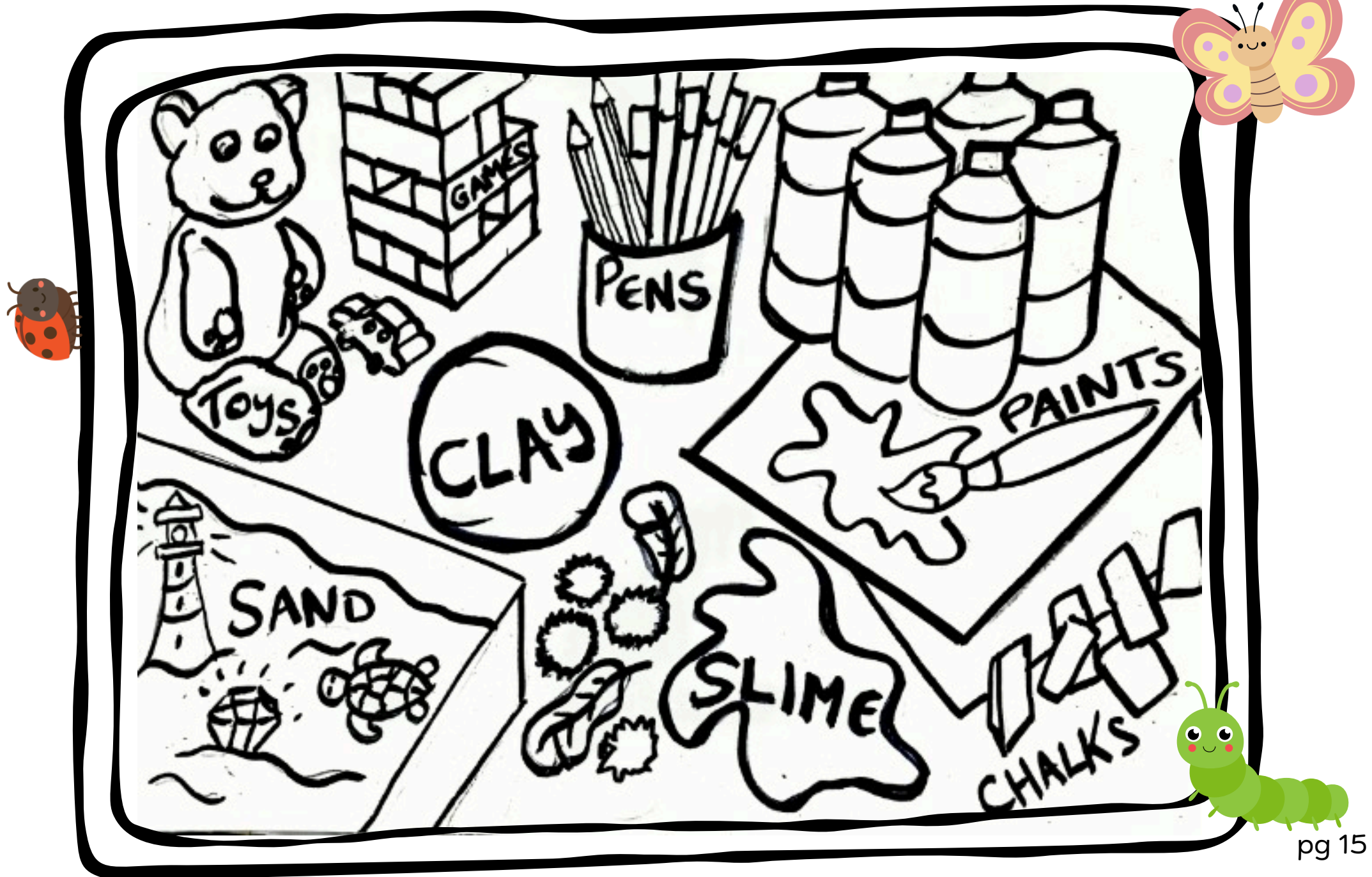
See how many of us bugs you can spot on the walls of the waiting room and down the hall...



The Waiting Room at The Green House



Things I can use to make and play in therapy...



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!

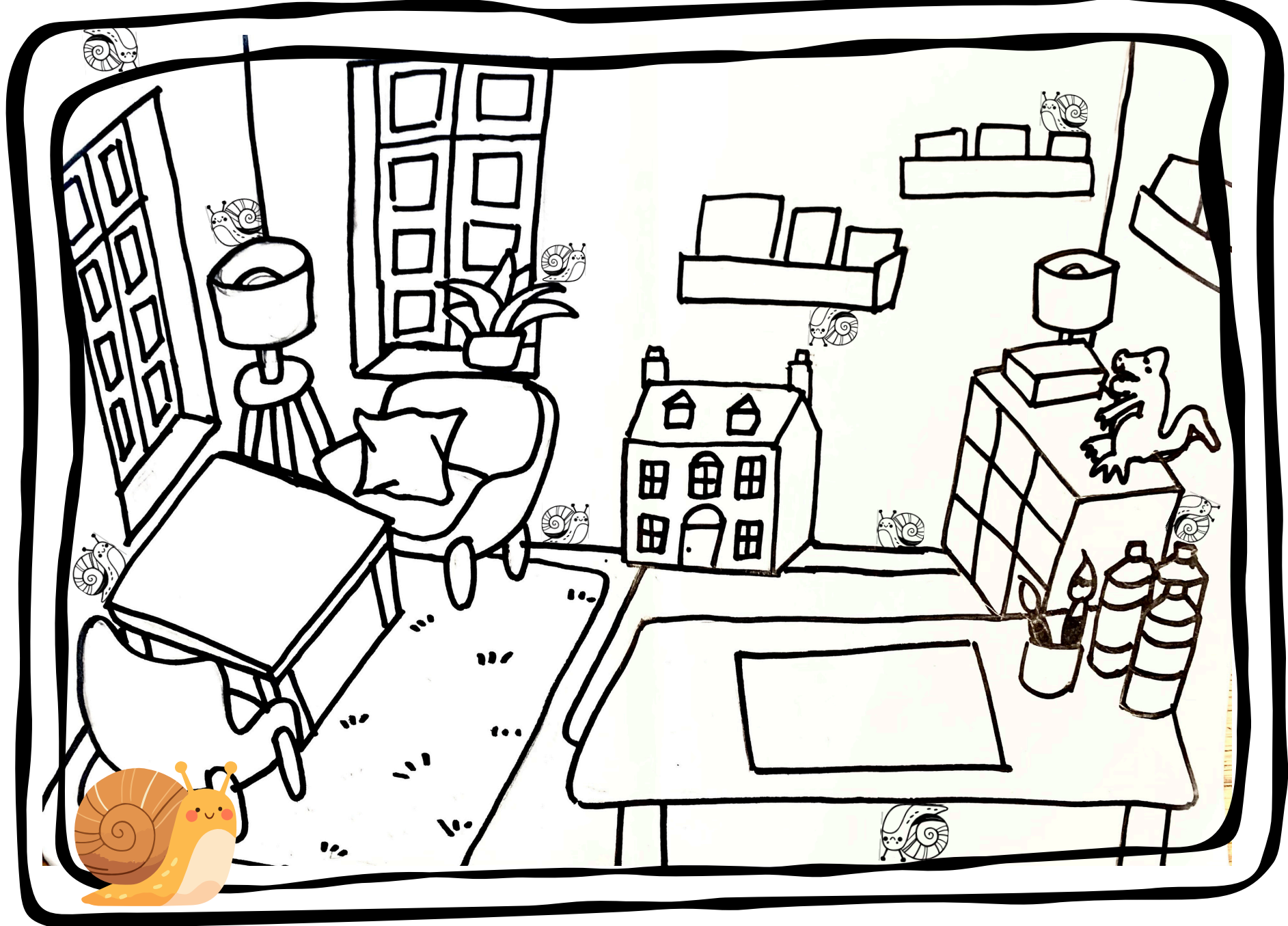
You can bring your favourite thing from home if you like.

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

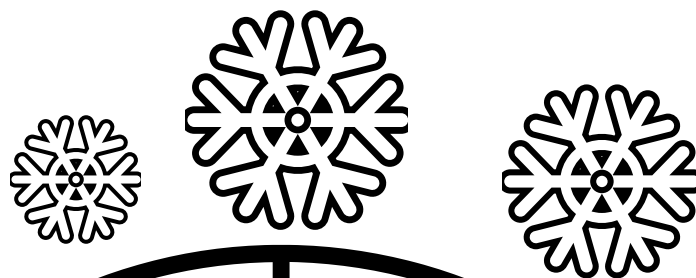


A therapy room at The Green House

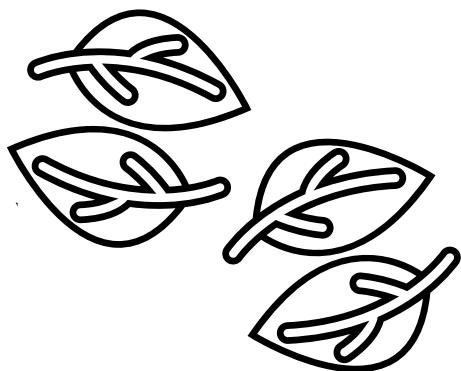
(colour in the therapy room if
you like & see if you can spot
all 10 of snails friends)



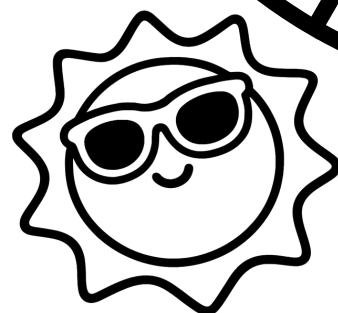
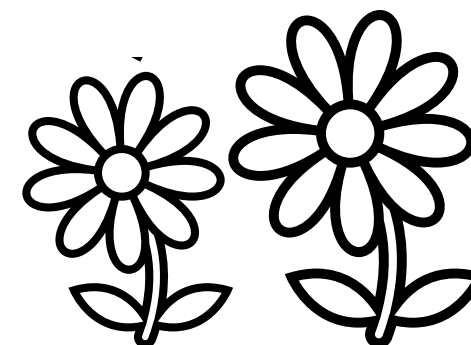
WINTER



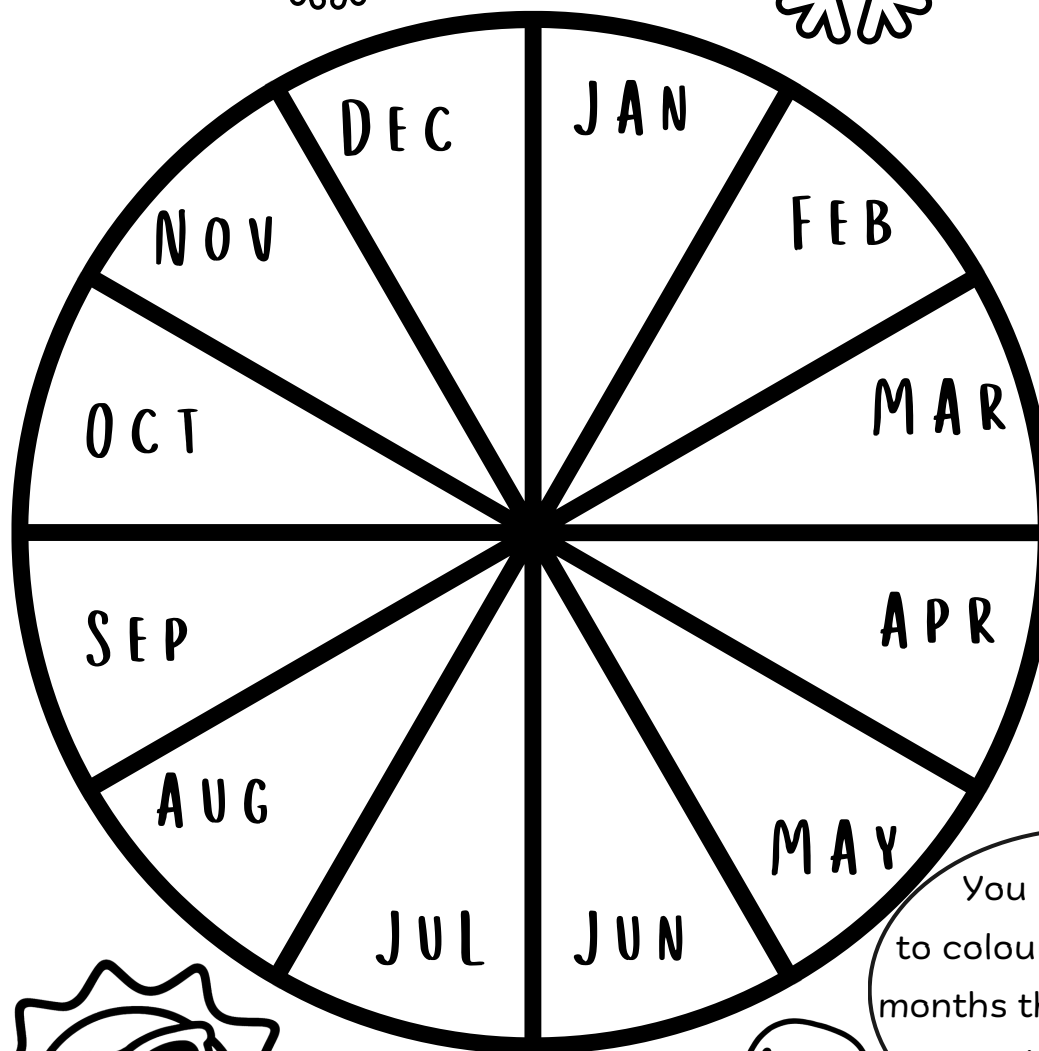
AUTUMN



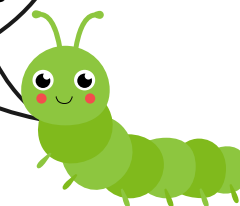
SPRING



SUMMER



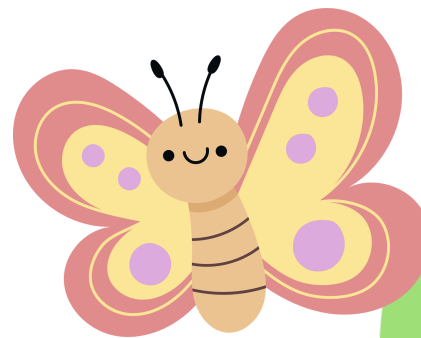
You might like
to colour in how many
months there are before
your therapy starts



We look forward to seeing you at



The GREEN HOUSE



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

