



Fear Thermometer *Fear Ladder*
Feelings Thermometer (pp. 305, 307, 329)
Doing Something Fun to Feel Better (p. 343)
Ten things I Can Do to Feel Better (p. 344)
Scheduling Time for Fun (p. 345)
Activity Selection (p. 346)

Weekly questionnaires *Monitoring sheet* (see pages 268 285)
Therapist Note Taking Sheet (p. 267)

If time is tight: Convey the link between activities and feelings and help the child brainstorm a list of 10 activities that he or she could do to feel better.

Fear Thermometer *Fear Ladder*

Feelings Thermometer
Weekly questionnaires *Monitoring sheet*

*Doing Something
Fun to Feel Better*

Close your eyes and imagine that you are having a terrible day. You are late to school, and you forgot your homework! At lunch, you spill your drink on your clothes, and a bunch of kids laugh at you. When you get home, your mum makes you clean your room, and you miss your favourite TV show.

Doing

Something Fun to Feel Better

Doing

Something Fun to Feel Better

So we just did something really quick and it raised your mood by 2 points! You went from a 5 to a 7! That's great! And I bet hula-hooping isn't even one of your favourite activities! What's an activity that you really love doing? What do you think your rating would be if you were doing that instead?

So what we do affects how we feel. When we are in a good mood, we probably want to do a lot of fun things. But when we are in a bad mood, we may not want to do anything fun, and then we may just stay in a bad mood. Can you think of a time when you were in a bad mood or were upset, and you didn't do anything (or maybe you decided not to do something fun) and you stayed in a bad mood? What about a time when you felt bad, did something fun, and then felt better?

*Weekly questionnaires, Monitoring sheet Feelings
Thermometer*

Scheduling Time for Fun

<i>Depression</i>	<i>Thermometer,</i> <i>Feelings</i>
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