

# Adolescent Therapy Activities

## Activity 1: Art Therapy

**Objective:** Encourage self-expression and emotional exploration through visual art.

**Instructions:**

- Provide art supplies such as paper, markers, colored pencils, and paints.
- Ask the adolescent to create a drawing or painting representing their emotions or a specific life experience.
- After completing the artwork, discuss the choices, colors used, and the feelings evoked by the creative process.

**Healthcare Professional's Notes:**

- Observations: [Record any notable observations during the activity, such as the adolescent's engagement, expression, or challenges faced.]

- Reflections: [Reflect on the significance of the artwork and any themes that emerged during the discussion.]

## Activity 2: Journaling

**Objective:** Promote self-reflection and emotional processing through written expression.

**Instructions:**

- Provide a journal or notebook for the adolescent.
- Encourage regular journaling about thoughts, feelings, and experiences.
- Discuss journal entries during therapy sessions to explore patterns, challenges, and progress.

**Healthcare Professional's Notes:**

- Observations: [Document any changes in writing style, frequency, or content of journal entries.]

- Reflections: [Reflect on the expressed emotions and recurring themes in the adolescent's journaling.]

**Activity 3: Role-Playing**

**Objective:** Enhance social skills, communication, and conflict resolution in a controlled setting.

**Instructions:**

- Create scenarios relevant to the adolescent's life, such as school situations or family interactions.
- Engage in role-playing exercises where the adolescent can practice different responses and strategies.
- Debrief the experience, discussing insights gained and potential real-life applications.

**Healthcare Professional's Notes:**

- Observations: [Note any improvements or challenges in the adolescent's role-playing skills.]

- Reflections: [Reflect on applying role-playing strategies to real-life situations.]

### **Activity 4: Mindfulness and Meditation**

**Objective:** Teach stress management and improve focus through mindfulness techniques.

**Instructions:**

- Introduce mindfulness exercises, such as deep breathing or guided meditation.
- Practice these techniques during therapy sessions and encourage the adolescent to use them daily.
- Discuss the impact of mindfulness on emotional well-being.

**Healthcare Professional's Notes:**

- Observations: [Record any changes in the adolescent's ability to engage in mindfulness exercises.]

- Reflections: [Reflect on the observed effects of mindfulness on the adolescent's stress levels and focus.]

### **Activity 5: Music Therapy**

**Objective:** Use music as a means of expression, connection, and emotional release.

**Instructions:**

- Explore different genres of music and encourage the adolescent to share their favorite songs.

- Consider creating playlists together that reflect different moods or emotions.
- Discuss the emotions specific songs evoke and their relevance to the adolescent's experiences.

**Healthcare Professional's Notes:**

- Observations: [Document any emotional responses or connections made by the adolescent during the music therapy session.]

- Reflections: [Reflect on the role of music in the adolescent's emotional expression and communication.]