

ACTIVITY WRITE-UP

Name of Activity: Story Board

Type of modality	Creative Writing; Art
Type of play	Solitary
Interaction pattern	Extraindividual
# of participants required	2 (Leader and Client)
Equipment/supplies	2 Story Board handouts, 2 pencils, table, 2 chairs
Facilities required/environment	Activity should be done in a room with adequate light and seating and with a low noise level.
Precautions	The leader and the client should have a good therapeutic relationship.

Directions

1. Leader and client will sit down
2. Leader will hand out the Story Board handout to the client
3. Leader will hand out a pencil to the client
4. Leader will tell the client to think about a conflict she/he would have liked to handle differently
5. Leader will ask the client to draw the conflict in no more than 8 segments
6. Client will draw the conflict
7. Leader will ask the client to reflect on what they wished they did differently
8. Leader will ask the client to draw how they would have liked to handle the conflict in no more than 8 segments
9. Client will draw the conflict with help from the leader, focusing on changing their response to the conflict
10. Leader and client will debrief on activity

Activity Analysis

Category	Skills
Primary body position	Dynamic sitting
Part of the body required	Arms, hands, head, neck, upper and lower torso
Movement	Reaching, grasping, bending

Physical	Balance (dynamic sitting), fine motor skills, muscle strength, hand-eye-coordination
Cognitive	Alertness, sustaining attention, concentration, abstract and concrete thinking, decision making, initiation, memory, sequencing
Social	Starting/sustaining/ending conversation, handling criticism, heterogeneity, interpersonal interactions, maintaining social space, relating with persons in authority, regulating behavior, forming relationships, self-expression, social conduct, social cues, showing tolerance
Perception	Visual, tactile, auditory
Communication/language	Reception of spoken language, reception of written language, reception of body language, reception of signs and symbols, expression of spoken language, expression of written language, producing signs and symbols
Self-care	N/A
Psychological/emotional (possible)	Guilt over how they behaved, anger over remembering situation, fear that they will be judged

How to Simplify the Activity

Have the Therapist pick a conflict for the client and help assist them in drawing it out.

How to Make the Activity More Complex

Have the client come up with multiple ways that they could have reacted to the conflict differently. Have the client come up with potential conflicts that could occur in the near future and figure out how to react to them in a positive way.

Other Comments

If the client has trouble with grasping a pencil for a long period of time, bring assistive technology, such as hand grips, or allow them to use a computer to draw.