

 357 Model®

## Healing Losses through Strengthening Relationships

Part Three—Using Activities to Engage Children and Youth



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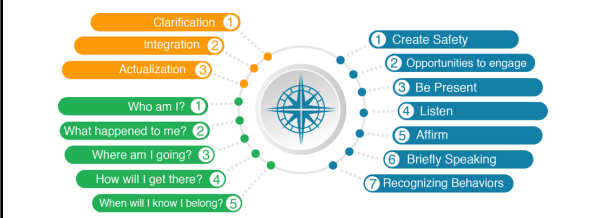
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## Core Components of the 3-5-7 Model®



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## The Story of Your Name

- How were you named?
- How old were you when you learned how you were named?
- How do you feel about your name?



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### Section 1: Using Activities in Your Work

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### Key Principles for Using Activities

- Establish a safety in the relationship
- Offer activities with intention
- Follow the youth's lead
- Ensure continuity



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### Activities from 3-5-7 Model® Workbook

Clarification	Integration	Actualization
<i>Grieving losses and supporting identity formation</i>	<i>Honoring and making decisions about relationships</i>	<i>Visualize belongingness within family, focus on future</i>
<ul style="list-style-type: none"><li>• Life Maps</li><li>• Life Line</li><li>• Loss History Chart</li><li>• Basketball</li></ul>	<ul style="list-style-type: none"><li>• Safety Net</li><li>• Divide Your Life in Thirds</li><li>• Collages</li></ul>	<ul style="list-style-type: none"><li>• People Remembered Chart</li><li>• Chain Links</li></ul>

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**| Participant Handouts**

## Life Map

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## Clarification: Life-Line

- Horizontal line represents a person's life from birth to present day
- Vertical lines represent significant events
- Cross points (where the vertical lines that intersect with the horizontal line) often connect to losses

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## Clarification: Loss History Chart

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date placed with current family: \_\_\_\_\_

Age at Time of Loss	Type of Loss	Circumstances of Loss	Help Given	Effects on Child/Youth

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## Clarification: Basketball

- To facilitate identification and expression of feelings and to normalize that all people experience both positive and negative life events.
- Help otherwise reluctant children or youth identify and express their feelings.



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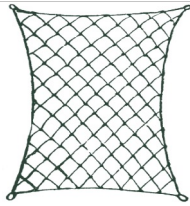
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## Integration: Safety Net

- To identify and explore persons of importance to them.
- To explore the support and security that other people can provide to the youth.
- Help otherwise reluctant children or youth identify and express their feelings.



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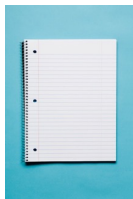
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## Integration: Divide Your Life in Thirds

- Provides a context for talking about relationships
- Acknowledges the difficult and sometimes adult-like experiences that youth may have endured
- Recognizes the resiliency and provides a sense of hope for the future



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## Integration: Collages



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## Integration: People Remembered Chart

Age				
Where I lived				
Who I remember				
What I'd like to do				
Anything else				

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## Actualization: Chain Link

- Demonstrates the ways that family members are connected to one another
- Increases awareness of family qualities that they value



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## Practicing Activities



**Partners**

1. Select an activity that you would like to practice.
2. Identify one person to facilitate the activity, allowing the other person to experience what it is like to be engage in the activity.
3. Large group discussion will follow to share experiences of each.

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## Using Books



- [tapestrybooks.com](http://tapestrybooks.com)
- [Shop.puppydogsandicecream.com](http://Shop.puppydogsandicecream.com)

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## Using Movies



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## Video: Inside Out Clip



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## Story Telling Cards

- Card #1: Character (one main character)
- Card #2: Setting (where the story happens)
- Card #3: Situation or challenge ("hurdles" for main character to navigate)
- Card #4: What main character does about the situation or challenge

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## Section 2: Themes that Emerge from Activities

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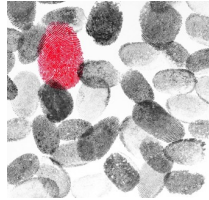
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## Developing Identity

- Family
- Culture
- Development
- Life experiences



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## Separation and Loss

- Loss of loved ones
- Loss of control in decision making
- Loss of dignity and feelings of embarrassment, shame, and guilt
- Loss of identity
- Loss of security, cohesiveness and belongingness in their family



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## Experiences of Trauma

- Growing up without trauma provides predictability and consistency
- Traumatic experiences cause feelings of crisis, being out of balance



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## Loyalty in Families

- Represents attachment and trust in relationships
- Promotes a sense of belonging



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## 7 Skill Elements



- 1 Create Safety
- 2 Opportunities to engage
- 3 Be Present
- 4 Listen
- 5 Affirm
- 6 Briefly Speaking
- 7 Recognizing Behaviors

- Establishing the perception of **SAFETY**
- Providing **OPPORTUNITIES** to **EXPLORE** feelings and life events
- **BEING PRESENT** to the individual
- **LISTENING** to the stories
- **AFFIRMING** perceptions and feelings
- **BRIEFLY SPEAKING** in response to questions, comments, and reactions of individual
- **RECOGNIZING** and **ACCEPTING** that current **BEHAVIORS** reflect **GRIEF RESPONSES**

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## Closing

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## Coming Up Next

1. Overview of the 3-5-7 Model®
2. How Storytelling Encourages Healing
3. Using Activities to Engage Children and Youth
4. Using the Tools of the 3-5-7 Model®
5. Clarification: Seeking the Answer to Why
6. Integration: Creating Well-Being through Relationships
7. Actualization: Finding Safety in Relational Permanence
8. Supporting Youth-Driven Decision-Making

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