

Adolescent Therapy Activities

Patient name:	Date:
Patient age:	Practitioner:
Art therapy	
Objective: Encourage self-expression and emotional exploration through visual art.	
Instructions: <ul style="list-style-type: none">• 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:	
Journaling	
Objective: Promote self-reflection and emotional processing through written expression	
Instructions: <ul style="list-style-type: none">• 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:	
Role-playing	
Objective: Enhance social skills, communication, and conflict resolution in a controlled setting.	
Instructions: <ul style="list-style-type: none">• 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:

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:

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 that specific songs evoke and their relevance to the adolescent's experiences.

Healthcare professional's notes:

Additional notes