

Sherman Trauma Symptom Activity

TF-CBT component: Psychoeducation about Trauma Symptoms. This activity could take the place of the symptom rocks.

Age range: ~3- 7 years-old .

Materials needed:

- Book: *A Terrible Thing Happened*
- Two large pieces of paper (butcher paper or large post-it paper)
- Crayons/markers
- 2 sets of pictures of all trauma symptoms
- Tape

1. Introduce the book to the child
2. Cut out pictures of Gingerbread Body and Sherman. Have child draw him/ herself on one piece of paper and Sherman (character from the book) on the other sheet of paper.
3. As you read through the book, have child tape up all the symptoms that Sherman endorses on his picture.
4. Afterwards, ask child which symptoms he/she has like Sherman and any other ones that he doesn't have. Using the 2nd set of pictures, have child tape all of her symptoms onto the picture she drew of herself. Discuss goal to shrink these and to be able to remove these as they go away.
5. You can keep the drawing of the child with the symptoms and re-assess each week. You can take the symptoms (pictures) down as the child reports not having them any longer (and celebrate this!). When trying to prioritize symptoms, you can have child sort the pictures into different size buckets or bags to show the different intensities.

This is a good way to normalize symptoms and discuss why we develop trauma symptoms.



