Draw Your Fears

What You Need:

- Paper
- Crayons, Markers, Colored Pencils
- Regular Pencils or Pens

Directions:

- Give each person a blank piece of paper, writing utensils, and a pencil or pen in order to write
- Explain to the child that they are to "Draw Their Fears" and then write (or dictate if unable to write) what their fears are. The child can draw their fears however they want and whatever makes sense for them
- Once the child has drawn and written (or dictated) what their fears are allow them to share their drawing and explanation with you, encourage going into more detail if possible
- The parent/caregiver should then help the child understand their fears and if they make sense, if something can be done to help them confront these fears, etc.

Ages & Stages: How Children Use Magical Thinking. (n.d.). Retrieved from https://www.scholastic.com/teachers/articles/teaching-content/ages-stages-how-children-use-magical-thinking/

This can be done one-on-one or together as a family. Being able to physically draw, write and visualize their fears can help a child work through them. It is also an excellent time for parents/caregivers to talk about these fears and help children create strategies to work through feelings of fear when they arise. It is also an excellent opportunity to educate the family on the specific medically complex condition.

Toddlers, preschoolers, and other young children are at a certain developmental level known as "magical thinking" which means that they might think they caused their sibling's condition, it is a punishment, or that they also will get sick (Ages & Stages: How Children Use Magical Thinking). It is essential to discuss that the child did nothing to cause their sibling's medical condition and that it is no one's fault.

All activities should be supervised by an adult.