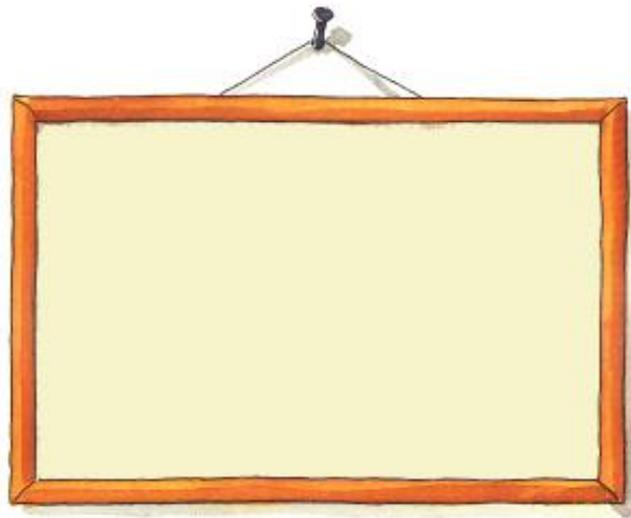


Kids' Skills

S k i l l s B o o k



INVITE SUPPORTERS

Other people can help and encourage you to learn.

Who will you ask to be your supporters?

Ask your supporters to write their names
on the next page.



Family

Friends



My supporters

Teachers

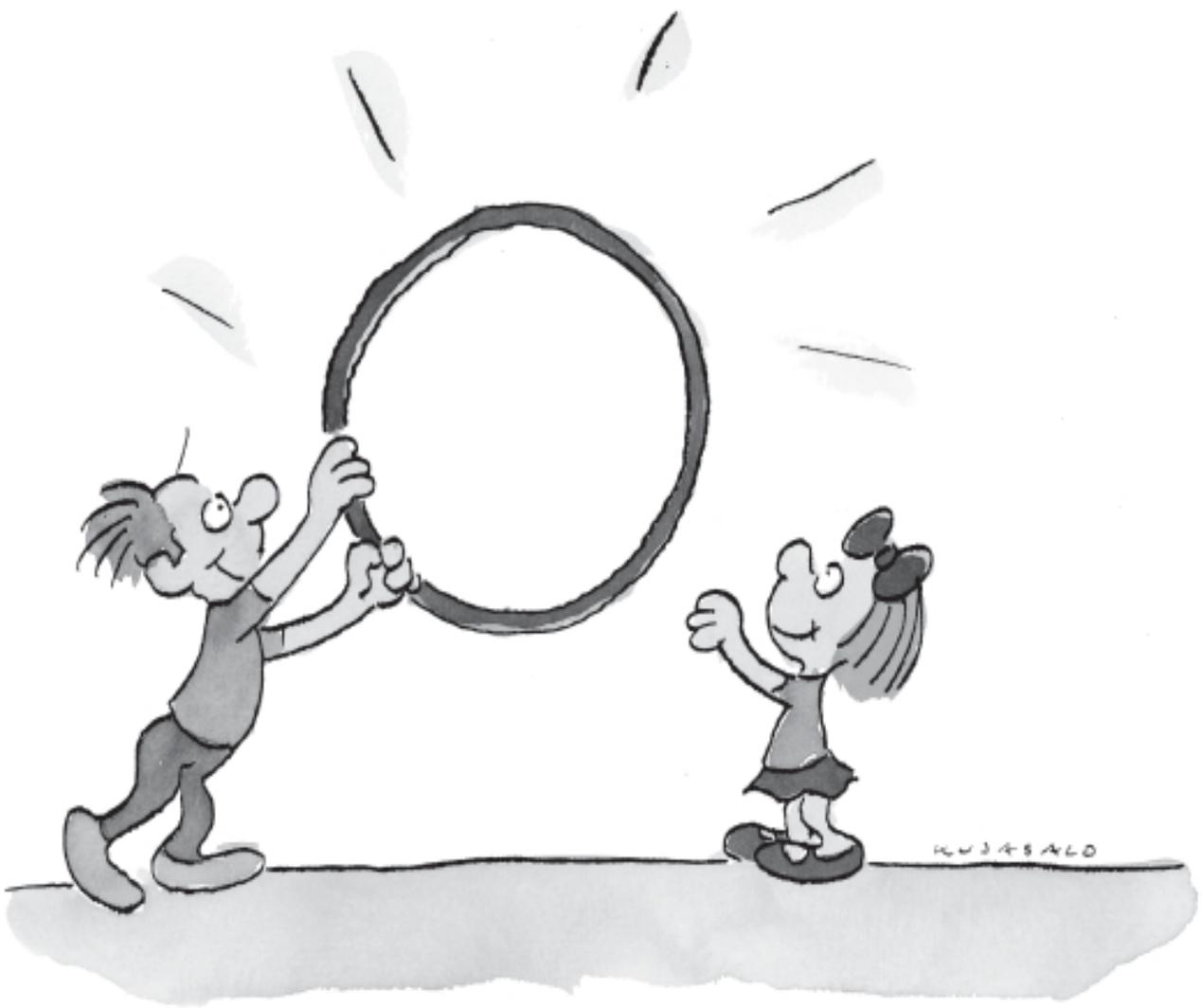
Others

SUPPORT PAGES

Here is place for my supporters to write something
when they see that I can.

DECIDE YOUR SKILL

Which skill are you going to learn?



NAME THE SKILL

Find your skill a cool name.



SEE THE BENEFITS

What good will learning the skill do to you and to other people?



Ask your supporters to write here what good it will do to them that you learn your skill.

And here what good they think it will do to you.

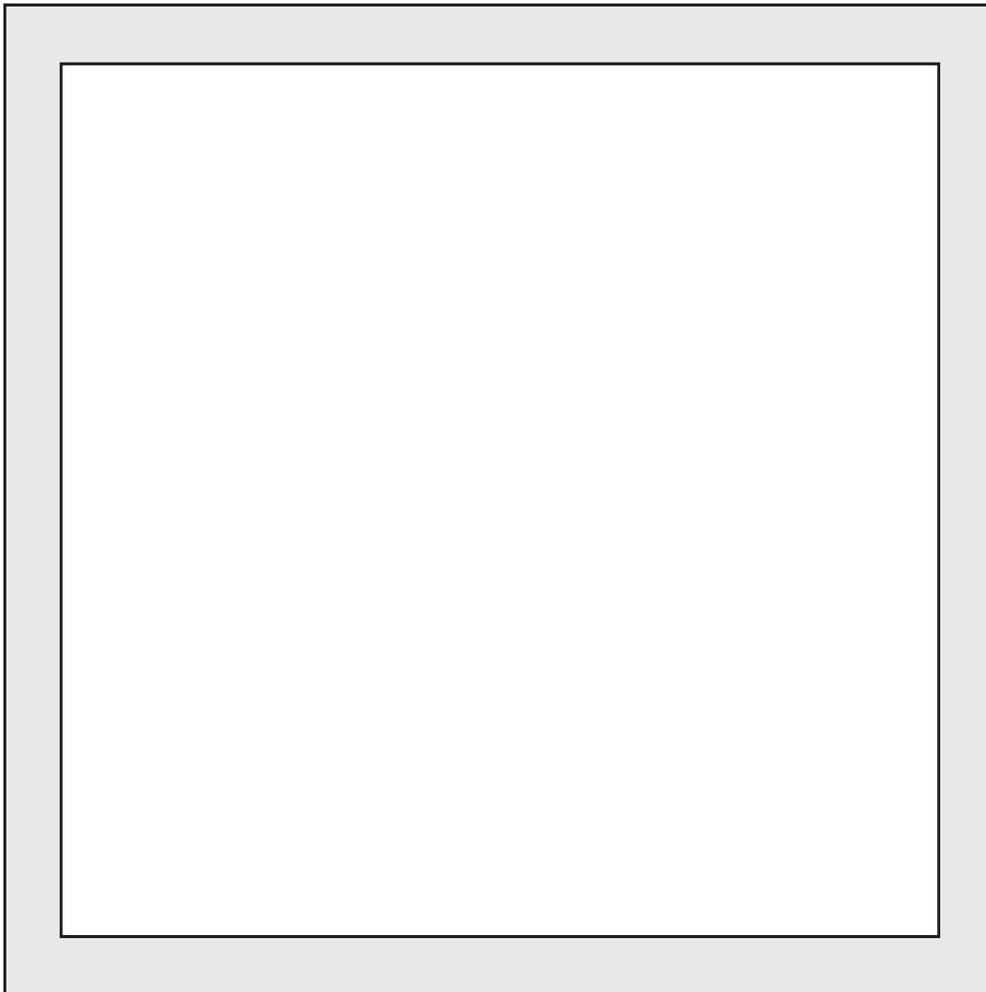
What good do you yourself think learning the skill will do to you?

SELECT A POWER ANIMAL

A power animal is an animal, or any other creature, that will help you learn your skill.

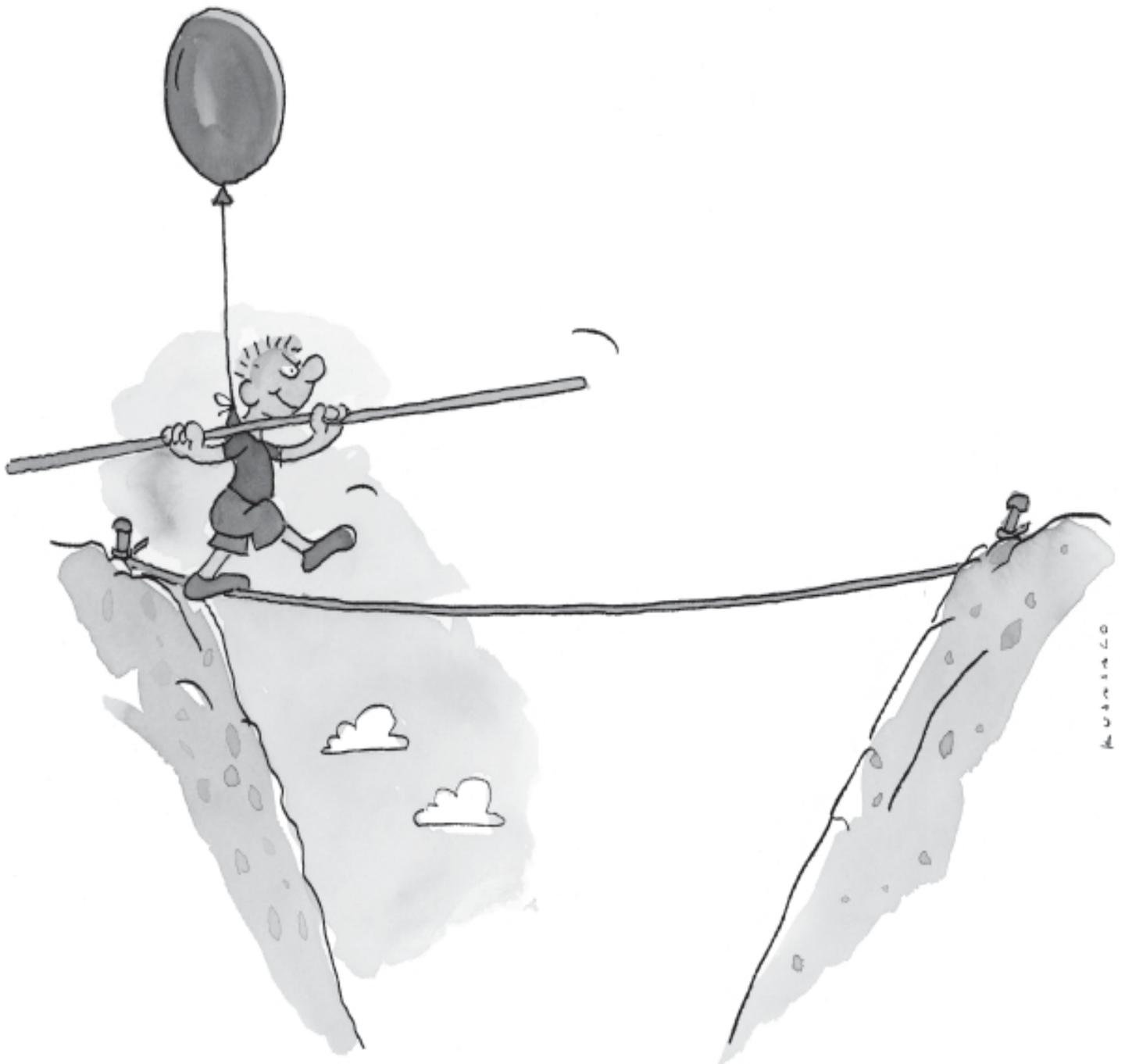
Which power animal do you choose to have and how will it help you?





**Draw or attach a picture of your
power animal in the box.**

BUILD CONFIDENCE



Ask your supporters to write here what gives them confidence that you will learn your skill.

What gives you yourself confidence that you will learn the skill?

CELEBRATE

How will you celebrate with your supporters when you have have learned your skill?



Where will you celebrate?

Who will be asked to come?

| | |
|-------|-------|
| <hr/> | <hr/> |

What will be served?

What will be done?

PRETEND YOU ALREADY CAN

Show people how you will behave
when you already master your skill.



JUST IN CASE

Make an agreement with your supporters about how you want them to help or advice you should you sometimes forget your skill.



PRACTICE

Practice your skill by demonstrating to your supporters how good you already are.



How will you demonstrate?

How often will you demonstrate?

In what situations will you demonstrate?

To whom will you demonstrate?

THANK YOUR SUPPORTERS

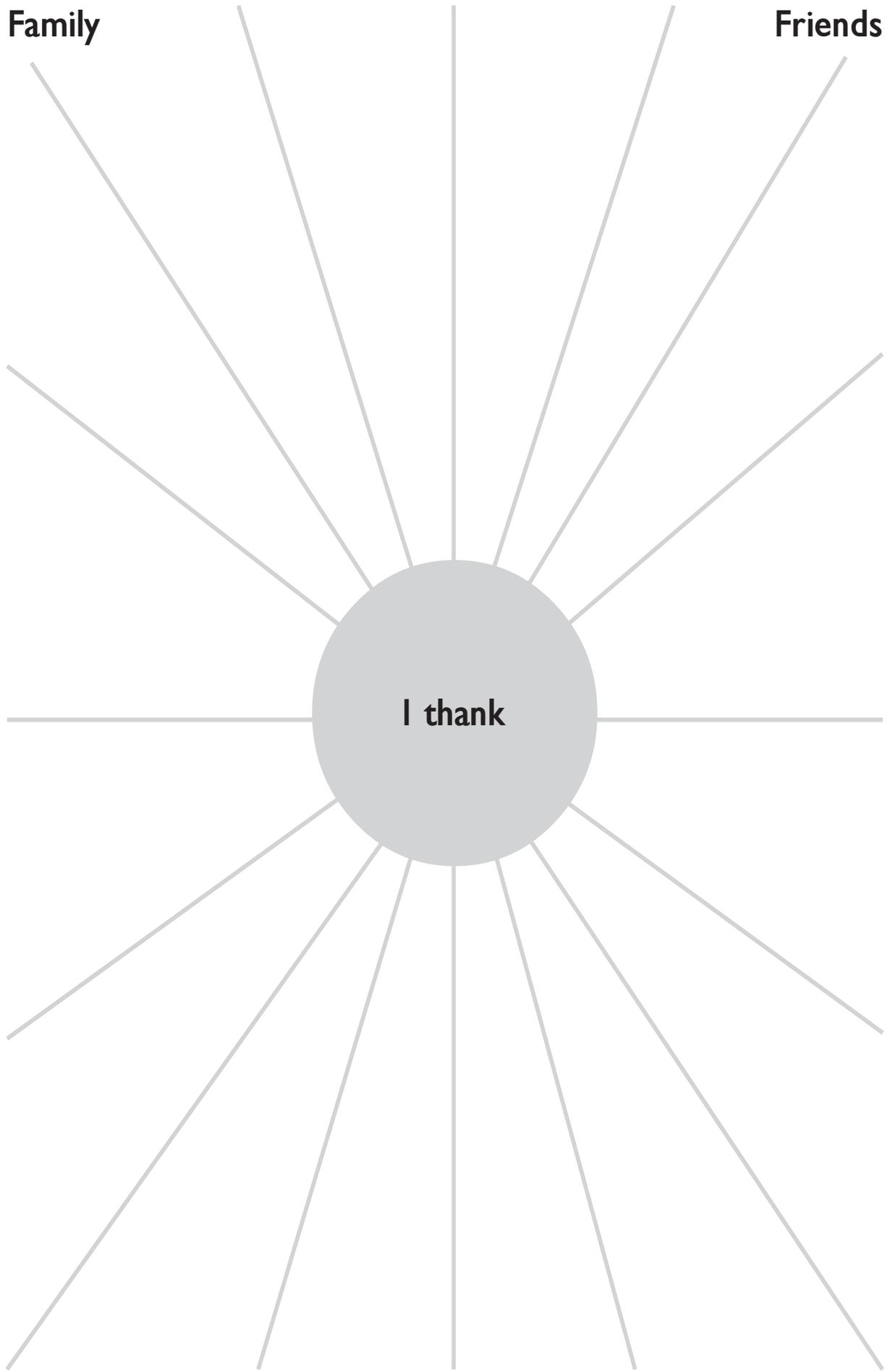
When you master your skill
it is time for you to celebrate and
to thank your supporters.

Who will you thank and in what way
will you express your thanks to them?



Family

Friends



I thank

Teachers

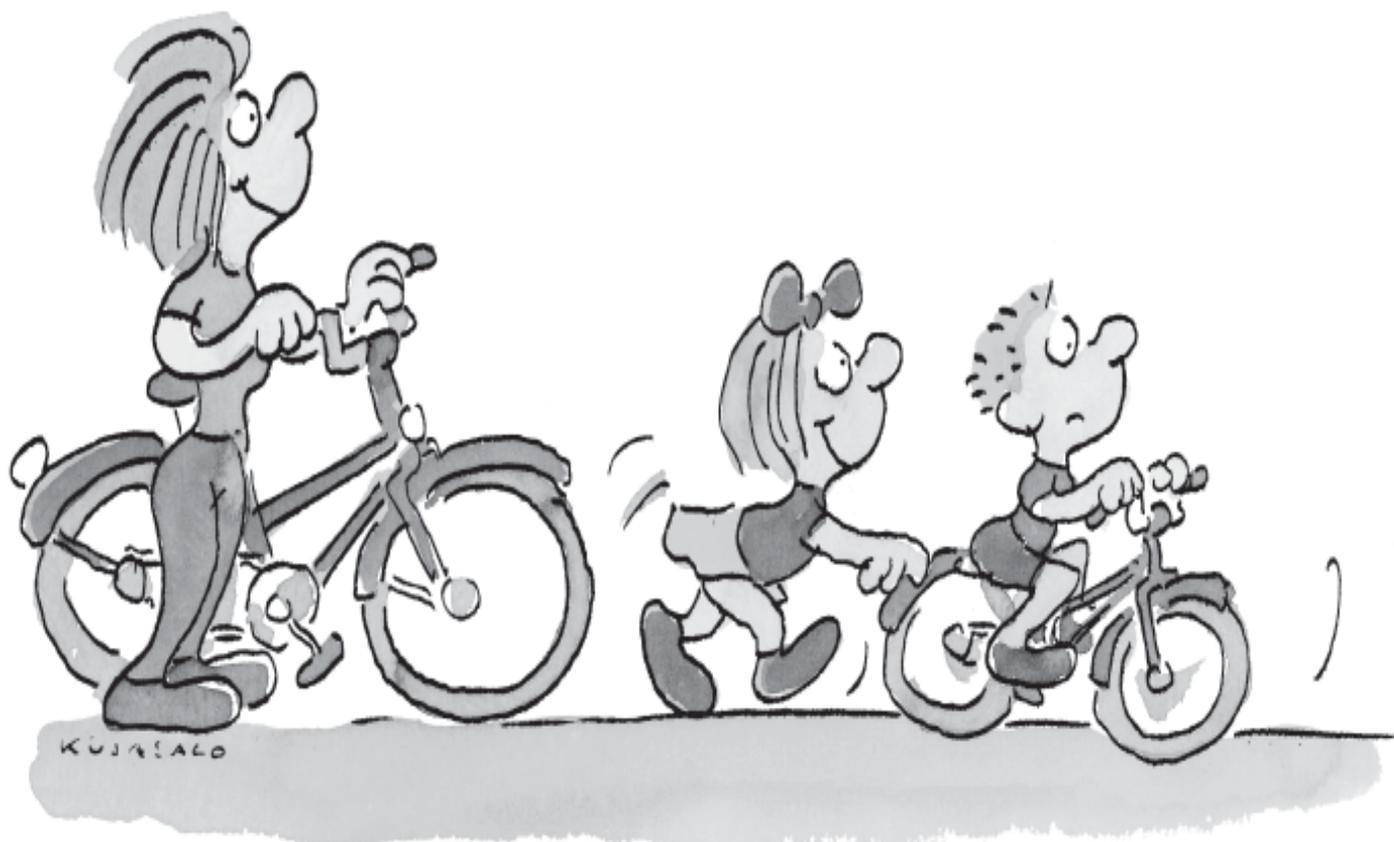
Others

TEACH SOMEONE ELSE

When you master your skill
you can teach it to someone else.

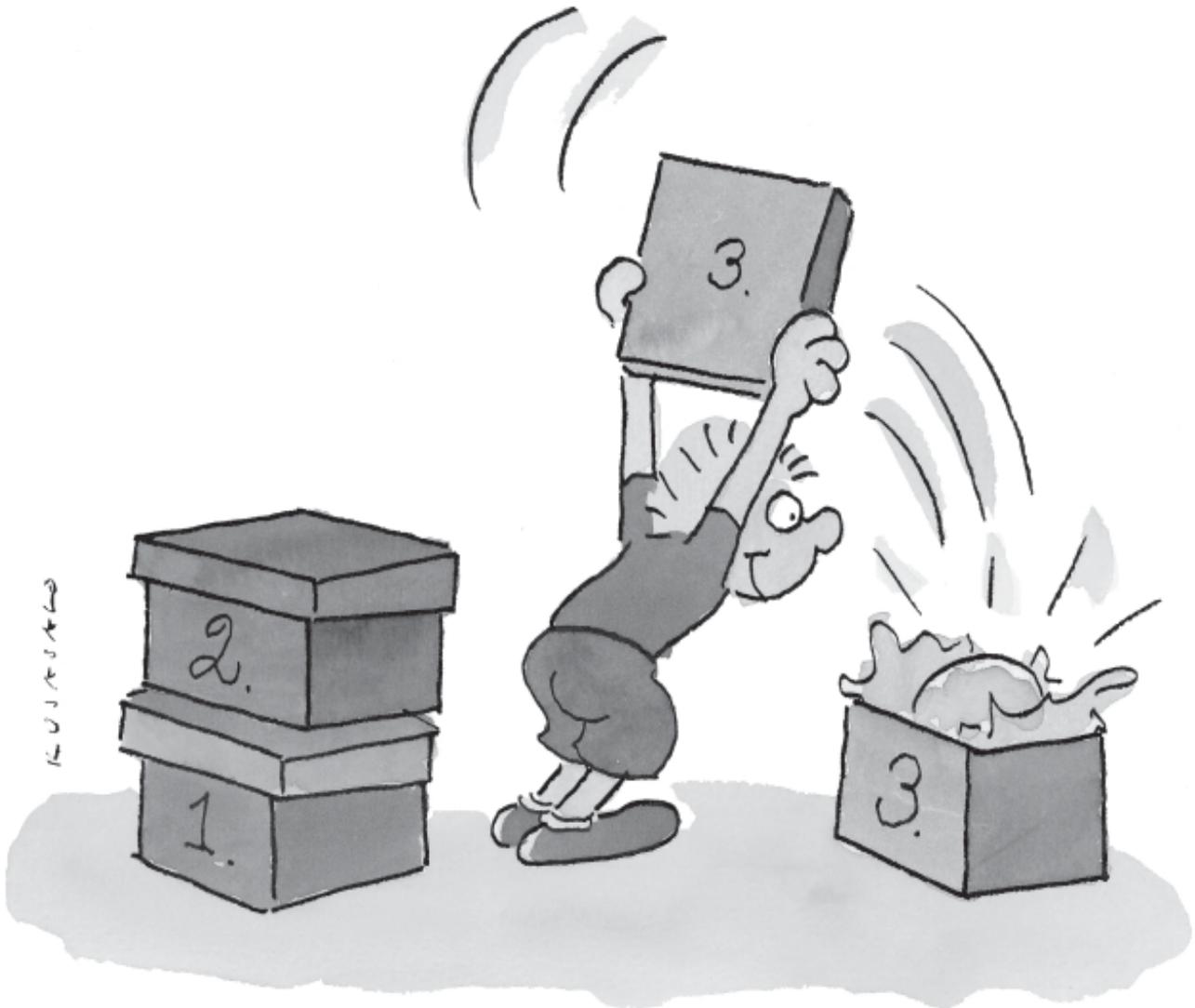
Who do you want to teach your skill to?

How do you intend to teach it?



NEXT SKILL

What is the next skill you want to learn?

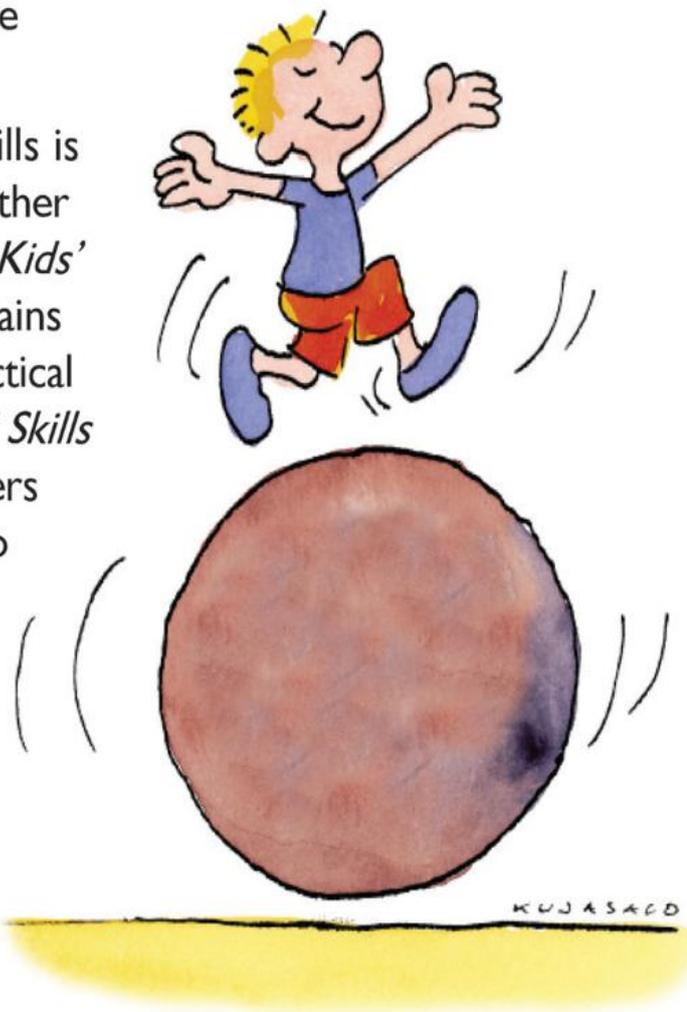


Kids' Skills

Skills Book for Children

Kids' Skills is a fun method for helping children learn skills and overcome problems.

More information about Kids' Skills is available at www.kidsskills.org. Other Kids' skills products include *The Kids' Skills parents' manual* which explains the process and offers many practical suggestions to parents; *The Kids' Skills manual* which is aimed for teachers and other educators who wish to use the method in their work with children. These and other Kids' Skills products, including two kinds of useful Kids' Skills posters are available through www.kidsskills.org, the Helsinki Brief Therapy Institute, or your local distributor.



Ben Furman's book Kids' Skills is available at www.innovativeresources.org

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