



ANIMAL STRENGTH CARDS & SOLUTION FOCUSED QUESTIONS

ASSEMBLY INSTRUCTIONS:

1. Choose which Animal Strength Card set you would like to use. There are 4 different sets included: full color with words (p. 14-17), full color without words (p. 18-21) light color with words (p. 22-25) and light color without words (p. 26-29).
2. Print. Use card stock and or laminate cards for durability.
3. Cut out cards.

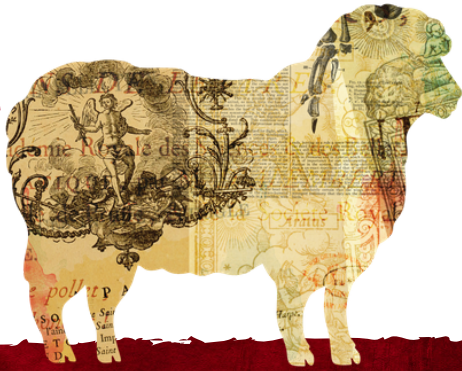
WAYS TO USE AS A THERAPEUTIC INTERVENTION:

Invite your student or client to choose from the cards. Following are some questions you could ask:

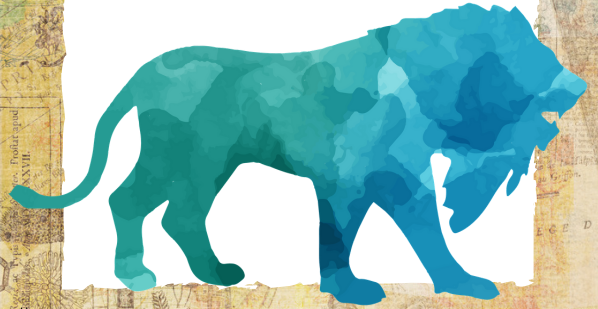
- * Which of these cards are most like you?
- * Which words describe you?
- * When is a time you used this strength?
- * Which card(s) would your good friend say best represents you?
- * Which card(s) would your family say best represents you?
- * Suppose you choose an animal that represents you right now, what animal would that be?
- * What are the strengths and powers of this animal?
- * How would this animal deal with the situation you are experiencing now?
- * Is there a different animal that you would rather be more like than the one that symbolizes you now? What animal is it?
- * How would this animal deal with fear?
- * What would show you this animal is brave?
- * How would you know that you had changed from the animal that you are like right now into another?



TRUSTING



BRAVE



QUIET



RESILIENT



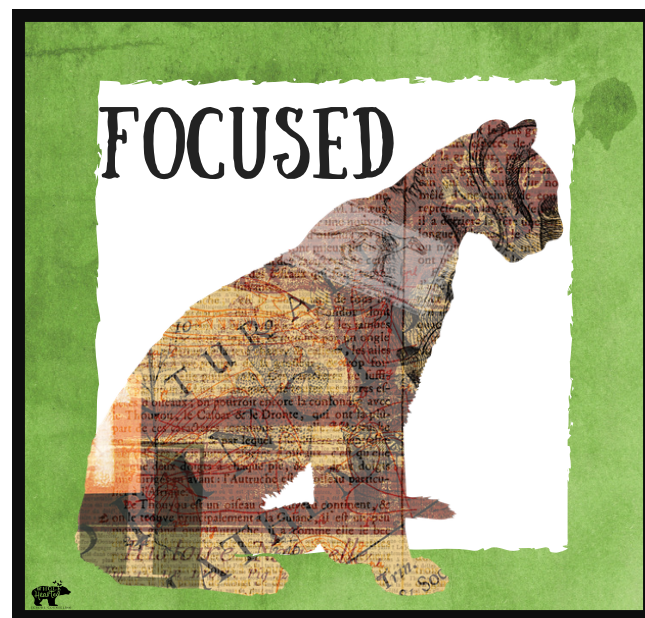
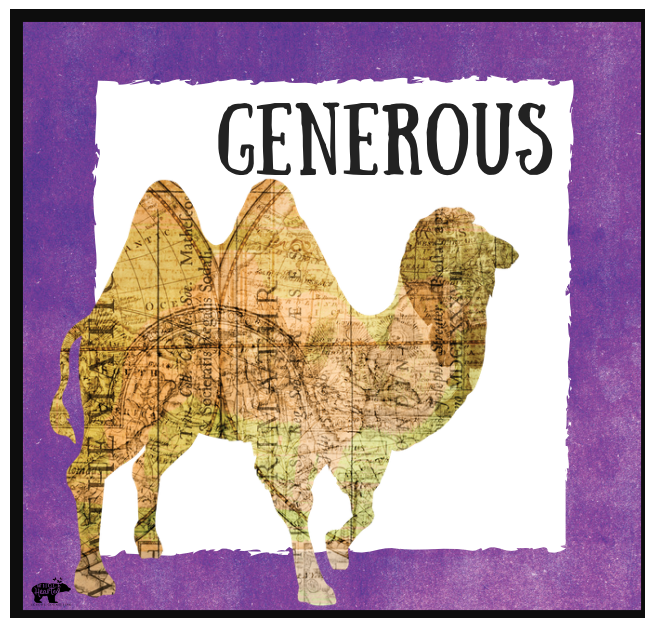
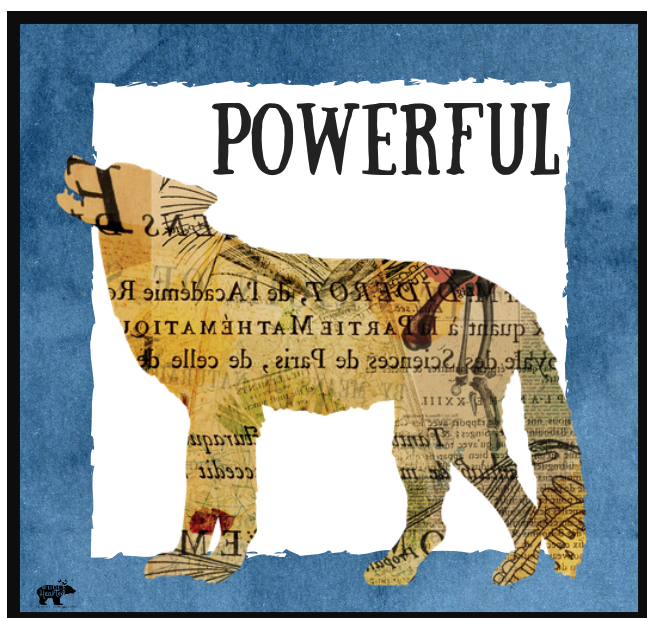
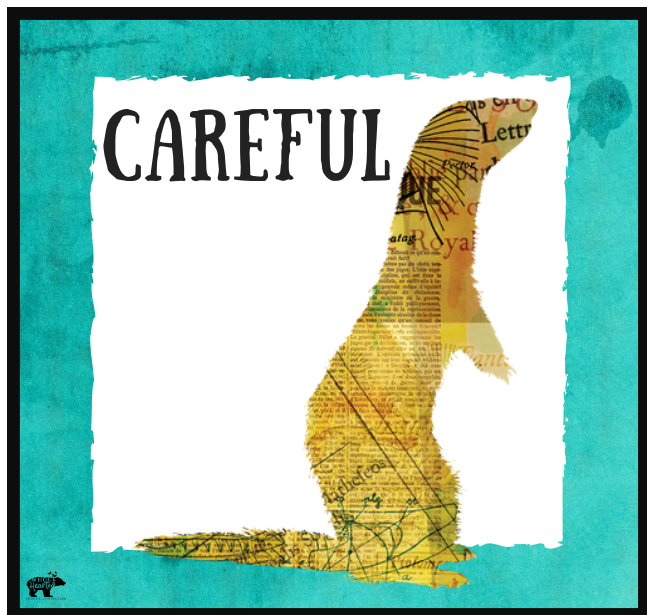
DETERMINED



SMART



COLORFUL FRAMES WITH WORDS



PROTECTIVE



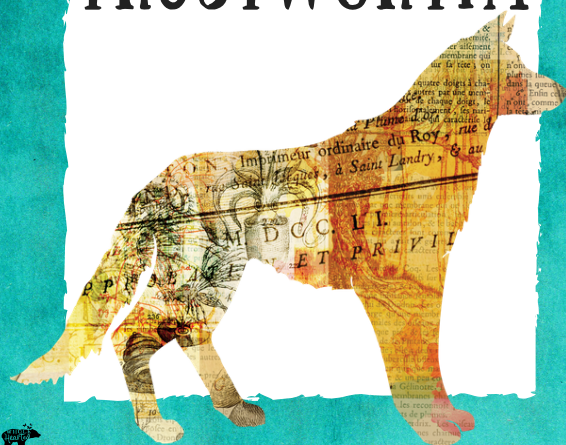
INDEPENDENT



GRACEFUL



TRUSTWORTHY



WISE



KIND



STEADY



RESOURCEFUL



CLEVER



FUN



STRONG



UNIQUE

