

## SNOWFLAKE INTERVENTION

### Intervention Summary

This intervention/craft helps the child to realize that they are a unique person and allows them to identify their strengths. A snowflake pattern is used with the heading "I am Unique". The client is asked to write/paste their strengths (being kind, honest, smart, etc.) and then decorate the snowflake(s).

### Purpose

- The client will feel confident and special in their uniqueness
- The client will be able to identify and appreciate their strengths
- The client will understand how his/her strengths can contribute to the family's problem solving skills

### Modality

- Individual
- Family
- Group

### Materials

- Snowflake pattern on white or colored paper – to find a snowflake template just Google "printable snowflake patterns"
- Markers for writing/drawing
- Glitter glue, sequins, etc. for decorating snowflakes
- Strength words to glue in snowflakes
- Glue
- Scissors if client desires to cut out snowflake or strength words
- Poster board if doing intervention with a family

### Age Range

@6- adult

### Description

Often children (and adults) fail to embrace the fact that they are unique and have strengths that can help them problem solve and contribute to their family unit. This intervention is a visual reminder that they are special and have strengths to overcome difficulties. Also when the activity is done with family members, it helps the entire family to recognize the strengths that each member brings to the family. This project is to be taken home by the client at the end of session.

Introduce the intervention to the client by talking about how each snowflake is unique, (make sure they know the definition of “unique”), and just as there are no two snowflakes alike, the client is different from anyone else in the world. They have special strengths or talents that help them get through the hard times in life and make them valuable people.

At this point the therapist can introduce a list of strengths such as friendliness, honesty, empathy, determination, intelligence, etc. or guide the client in thinking of some of their strengths. Then have client glue/write the strengths in the center of the snowflake or on the arms of the flake. They can then decorate the snowflake any way they would choose and cut it out if desired. When the activity is completed the therapist can discuss with the client how they can use their strengths with everyday stresses, i.e. they can use their creativity to divert a younger sibling anyway from them while they are doing homework.

### **Variations**

To do this activity with a family unit, have each family member take an individual snowflake, and then have family members state what they think the other person’s strengths are. Family members will then write/glue their strengths on their own snowflakes. After the individual snowflakes are completed, the snowflakes are cut out and everyone glues their snowflake on a poster board and decorates the poster together as a family. When the project is completed, the therapist can lead a discussion on how they can all work together using their strengths to address difficulties in the family.

Instead of directing the client to write their strengths on the snowflakes they can write things they can do when they are anxious, i.e. take a deep breath, take a bath, repeat a calming mantra, etc. or write things they can do when they are angry such as hit a pillow, run around the block, etc. on the snowflake and take it home as a reminder.

### **About the author:**

Rachel Taylor is a licensed Marriage and Family Therapist and a Registered Play Therapist Supervisor in private practice. She treats children, adolescents and adults with a wide range of conditions and has provided play therapy for preschool children on the Autism Spectrum. Prior to opening her private practice in 1990, Ms. Taylor treated traumatized children and their families at a residential placement facility and also worked as a Protective Service Worker for LA County Children’s Services. She offers workshops on Play Therapy. For more information on her workshops contact her at [childadvocateret@yahoo.com](mailto:childadvocateret@yahoo.com).