

for specific wishes.

Rating Game

Use some type of rating scale (numbers, sad to happy faces) to have the child rate an event or feeling.

Example: Instead of asking youngsters how they feel, ask how their day has been “on a scale of 1 to 10, with 10 being the best.”

Word Association Game

State key words and ask children to say the first word they think of when they hear the word.

Start with neutral words and then introduce more anxiety-producing words, such as “illness,” “needles,” “hospitals,” and “operation.”

Select key words that relate to some relevant event in the child's life.

Sentence Completion

Present a partial statement and have the child complete it. Some sample statements are

- The thing I like best (least) about school is _____.
- The best (worst) age to be is _____.
- The most (least) fun thing I ever did was _____.
- The thing I like most (least) about my parents is _____.