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## Power Poster Part 1

The following exercise is a two part exercise. It will be a collaborative effort between the client and caregiver. In Power Poster Part 1, instruct the pair to work together in making a poster to depict and label the child's positive attributes. You might consider using larger paper if needed. Once the activity is completed, invite the client and caregiver to present their poster. Begin dialogue about what they chose to depict. Ask them to identify and explain the strengths and attributes that were depicted.

**Follow Up:** What strengths and positive attributes have been identified?  
How could the child use these strengths when experiencing anxiety or difficulties?

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## Power Poster Part 2

In Power Poster Part 2, instruct the client and caregiver to list the positive attributes from the poster onto this new worksheet. Then, list a positive behavior that is associated with each attribute. This worksheet will then be used as a behavior chart to measure how often the child engages in the positive behaviors listed. Make as many of these sheets as needed to measure progress for each day.

Discuss examples of the child's behaviors that relate to their positive attributes.

- When could the child engage in these positive behaviors?
- Could these positive behaviors be used to help others?
- Could they be used to help the child when they are feeling low?

Complete periodic check-ins (and enlist the help of caregiver) to measure the child's progress in regularly engaging in these behaviors.

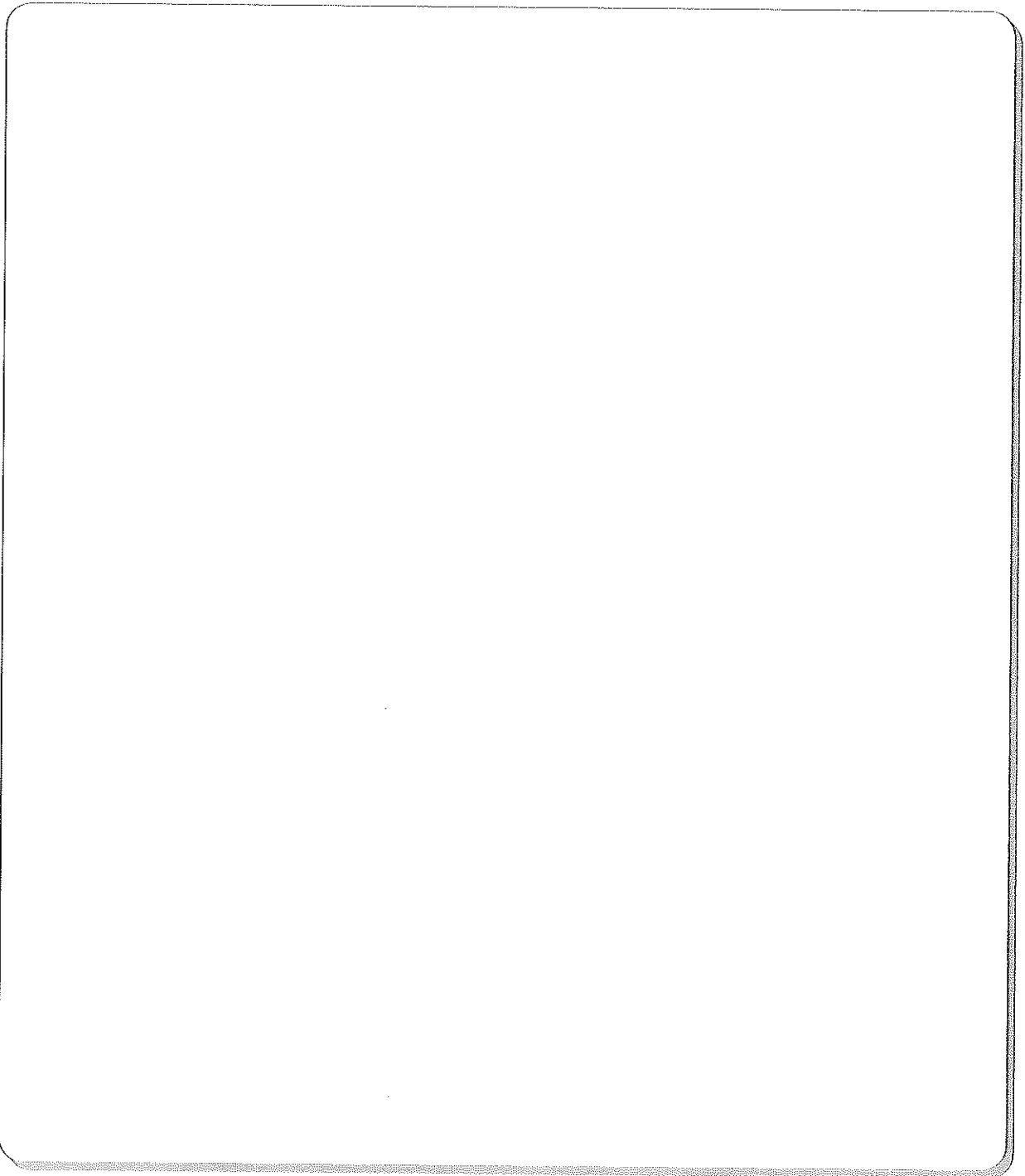
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In-session  
Exercise

# Power Poster

## (Part 1)

Work together with your caregiver to create a Power Poster to depict and label positive attributes that you possess. Give your poster a title.



# Power Poster

(Part 2)

Power Poster Positive Attribute (e.g., Thoughtful)	Behavior (e.g., Do a kind deed for a friend or family member.)	