

Family Body Tracings

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This is a variation of the traditional full body tracings. I use it with children and their parents when we are working on building connections and nurturing behavior. I have found this intervention useful when there are very small children participating in the family sessions.

Materials:

Large Paper and Crayons

Intervention:

The child lies on the paper with just their upper body (head and shoulders) on the paper and have the parents trace the child. Then I have the child place their hands somewhere where there is room on the same paper and again have the parent trace the child's hands.

The child's job is to then decorate the body tracing however they wish.

The child can then trace the parent. I give the parent the option to have their upper body traced or just their hands since I find that most parents do not want to have their upper body traced and the child is usually satisfied with just being able to trace their parent's hands.

The parent can decorate their paper as well.

The final step is the family thinks of things they appreciate about each family member. The therapist writes these strengths on that individual's paper.

End with processing as you would any other artwork done in family therapy, including how it felt for each participant to be traced and how it felt to do the tracing. It is a nice piece of artwork for a family to take home.