



LENA & THE DRAGON

THERAPIST GUIDE

Created by Bethany Walker, LCSW

Companion to the book by Bethany Walker & Rodrigo Cordeiro



HOW TO USE THIS GUIDE

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ABOUT THE BOOK



Lena lives a happy life until one day a terrible thing happens. The next morning, Lena wakes up to find a dragon asleep on her chest that no one else can see! Everywhere she goes the dragon wreaks havoc, getting Lena into trouble. The more Lena tries to ignore the dragon and the terrible thing, the more he grows. Will Lena get the courage to speak up about the terrible thing and learn to tame her dragon? Find out in LENA & THE DRAGON.

ABOUT THE AUTHOR



Bethany Walker LCSW is an author and clinical social worker specializing in relationships and trauma. She lives in Longview, TX with her husband, daughter, and pets. Find more of her writing, blog, and work at www.bethanywalkerauthor.com

ABOUT THE ILLUSTRATOR



Rodrigo Cordeiro is an illustrator and has a degree in Graphic Design. Specializing in children's books, Rodrigo lives in Brazil with his wife and two lovely cats. Find more of his work at www.rodrigocordeiro.net

BIBLIOTHERAPY QUESTIONS

USE THESE QUESTIONS TO GUIDE DEEPER THINKING AS YOU GO THROUGH THE BOOK.

What are things you like about your life? What makes you happy?

What do you think Lena's terrible thing was? What do you think she is feeling from the picture and the text?

How would you feel if you woke up with a dragon no one could see?

Why do you think the dragon came to Lena?

What would you do if you were Lena?

Why did Lena trust her parents? Who could you trust with any terrible thing that happened to you?

Do you think other people have terrible things that have happened to them? Why do you think that?

What do you think Lena felt talking about her terrible thing?

Why do you think the dragon shrank?

Why do you think the dragon never went away completely?

IN SESSION ACTIVITIES

Note for clinicians: The activities are ordered in this way to build emotional recognition and to give coping skills before jumping into the narrative. This may be a multiple session process.

EMOTION IDENTIFICATION

Work with the child to create a list of a few different emotions in the box on the worksheet on page 5. If they are having trouble coming up with ideas, flip back through the book and have them identify some of the emotions Lena feels. Once you have 6 emotions, have them draw that emotion on Lena's face. They may have you guess what the emotion is they draw as well.

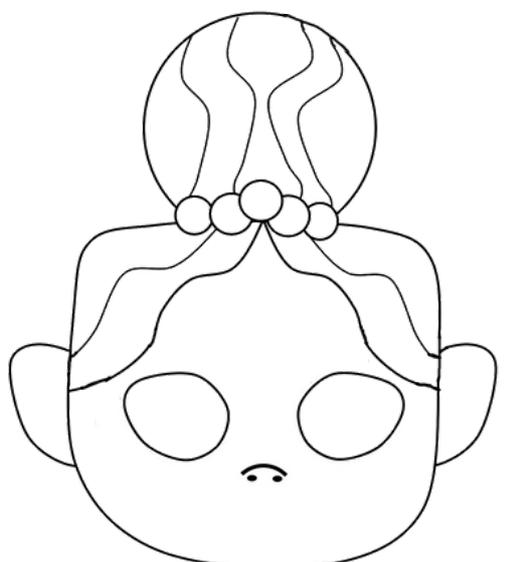
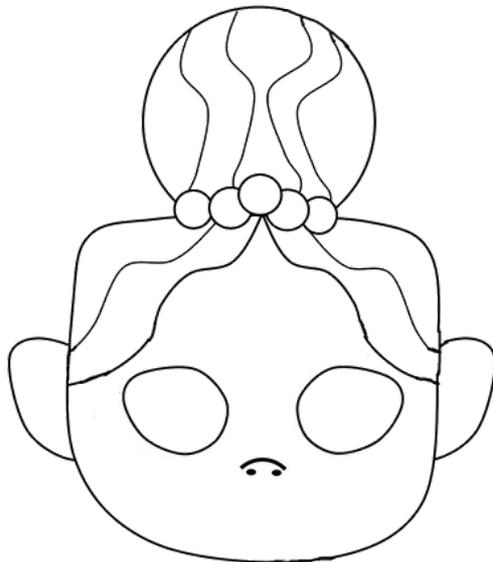
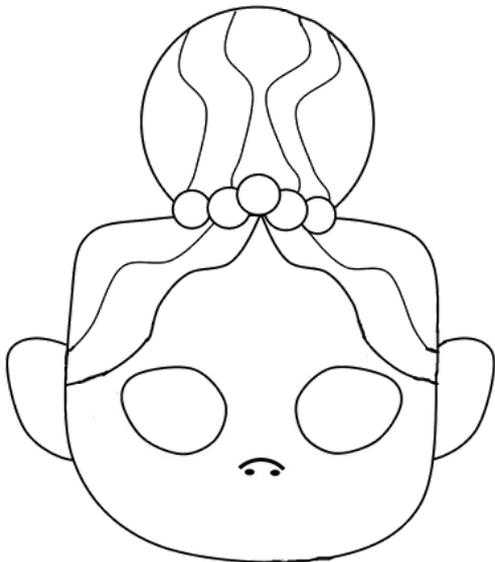
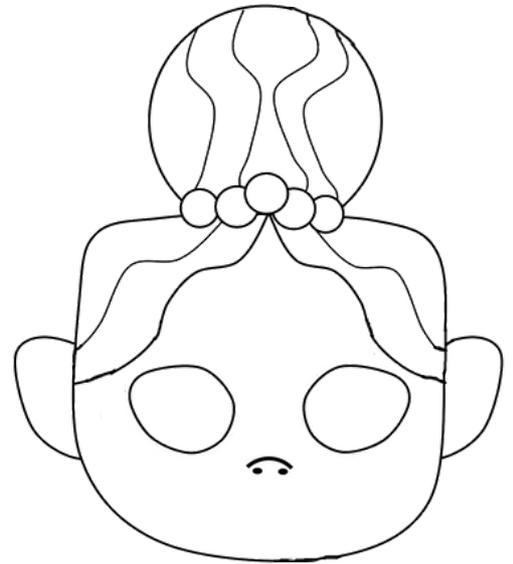
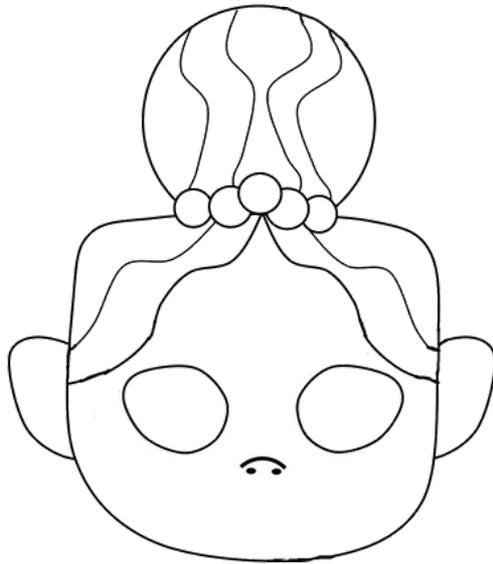
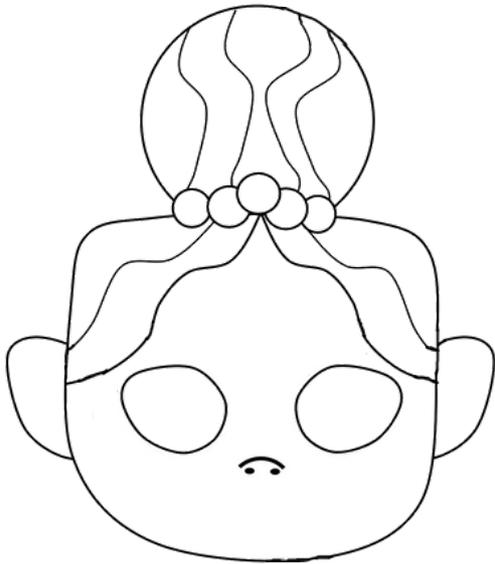
TAMING YOUR DRAGON

Open the book to the page where it discusses Lena taming her dragon. Ask the child what they think Lena may have done to tame her dragon. Ask the child what they do to calm themselves down when they are upset. Identify three good options for taming their dragon and have them draw or write them in the boxes on page 7. For more ideas of grounding or calming techniques, see page 8.

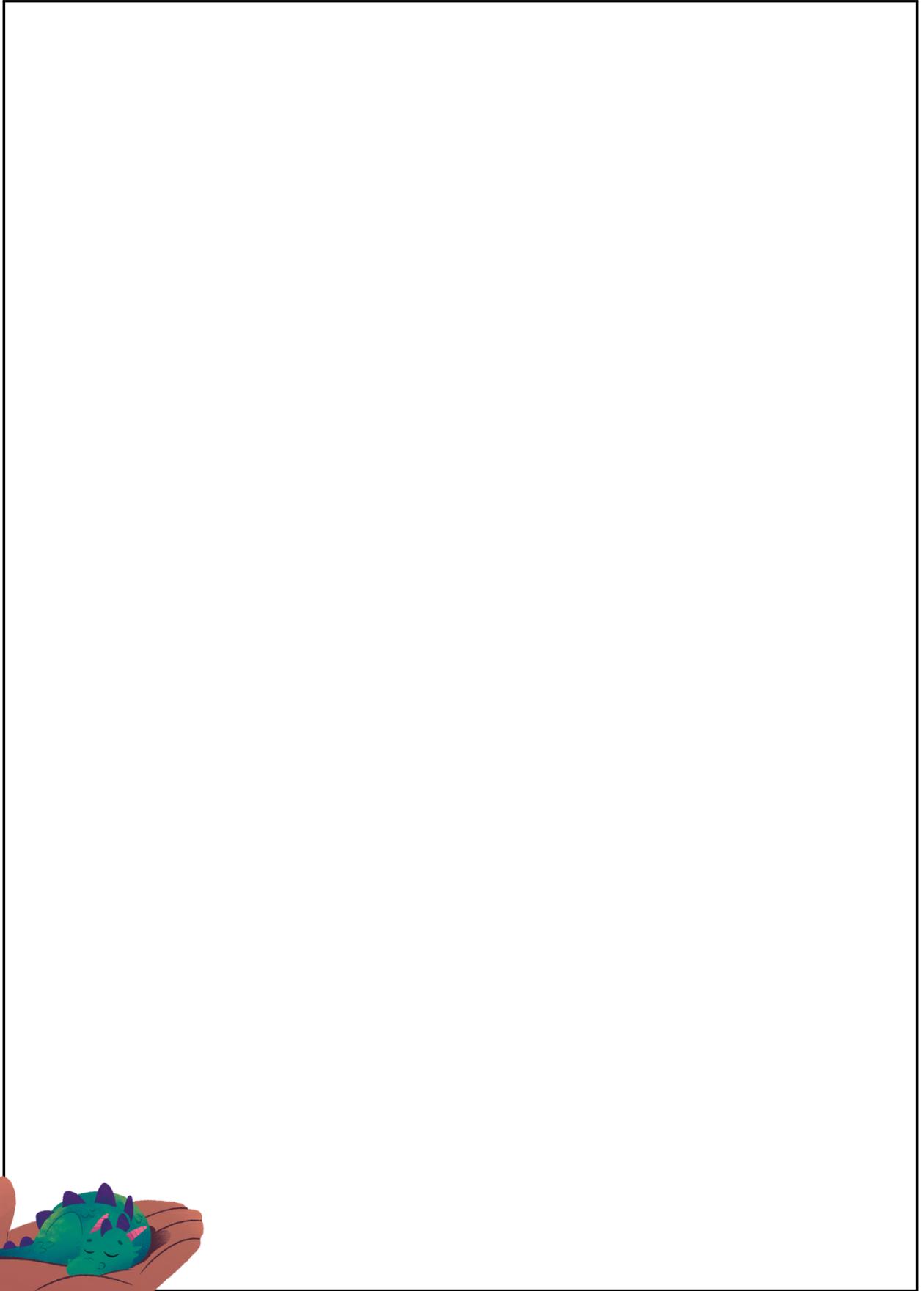
MY "TERRIBLE THING"

This is essentially a trauma narrative exercise. For this exercise, allow the child to choose their own "terrible thing" and give as much or as little detail as they feel comfortable. This can be done through writing, creating a comic book like structure, or through verbally telling a story. Once they have completed their story or image, go back and have them add in any emotions they may have left out, and thoughts they may have had. Practice their dragon taming techniques while they tell their story.

SHOW ME THAT EMOTION



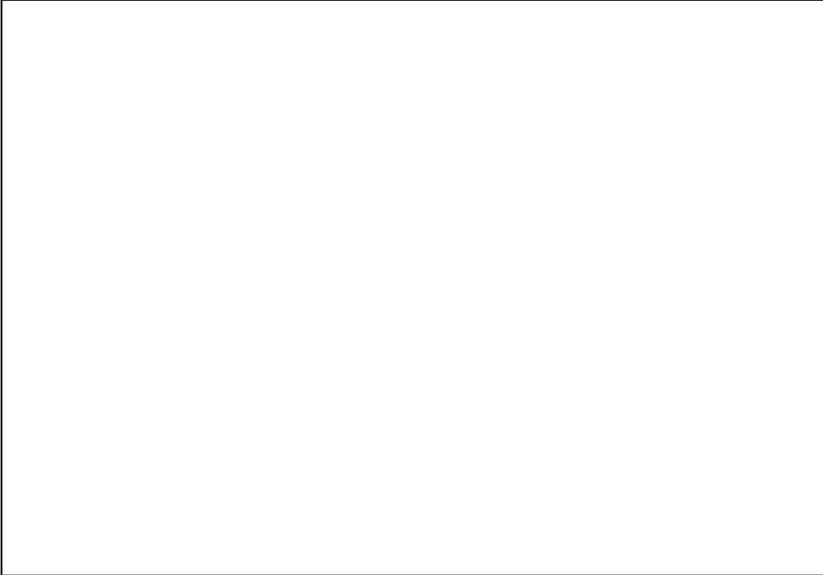
DRAW YOUR OWN DRAGON



TAME YOUR DRAGON

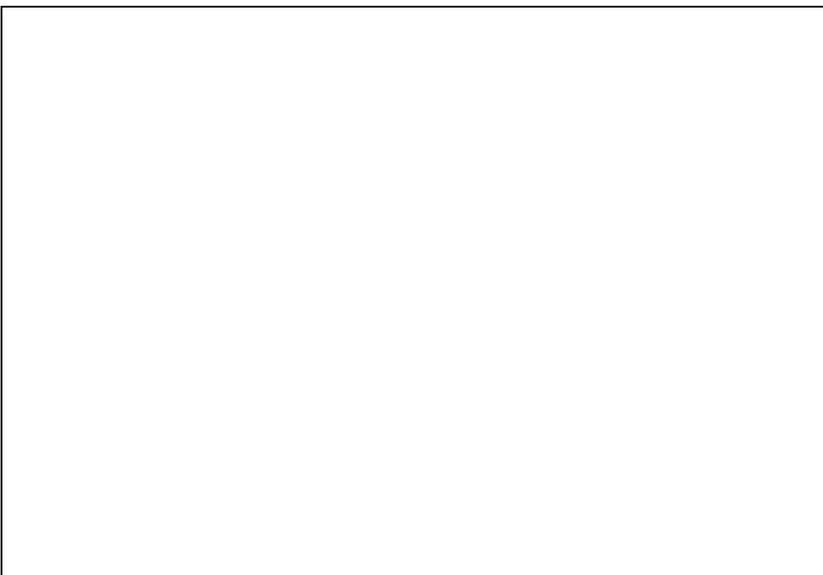


Try one of these tricks the next time your dragon causes trouble!



**TRICK
#1**

**TRICK
#2**



**TRICK
#3**

TRICKS TO TAME YOUR DRAGON

5 SENSES

When they are anxious, your dragon needs help remembering where they are and that they are safe. One way to remind them is by going through your 5 senses. Help them find: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

DRAGON BREATHING

One way to calm yourself and your dragon down is taking deeeep slowww dragon breaths. Practice breathing in through your nose and out through your mouth. Try holding your inhale and exhale to the count of 4. When you breath in, imagine filling your belly up with air. When you breath out, imagine breathing out all the fire in your dragon belly!

SILENCING THE ALARM

Sometimes your dragon needs a pet to remind their body they are safe! Take your left arm and start with the fingertips of your hand at the middle of your forehead. Move your finger tips to the right along your forehead, behind your ear, down your neck, over your right shoulder, and all the way down your right arm. Switch hands and do the same thing on the left side.

DISTRACT YOUR DRAGON

When all else fails, distract your dragon! Try doing some math-- basic addition or multiplication. Spell your full name backwards or try to do the whole alphabet backwards. List off all your family members and their favorite food or activities. Doing something that gets your brain thinking can sometimes help the dragon forget what they were worried about!

LETTER TO THE FAMILY

DEAR PARENTS/GUARDIANS/CAREGIVERS,

This week in your child's therapy session, your child and their therapist read my book **LENA & THE DRAGON**. Lena & the Dragon takes a gentle approach to the topic of trauma in a child's life.

The activities your child's therapist utilized with the book are based off of Trauma Focused Cognitive Behavioral Therapy, one of the most widely researched and effective techniques for working with childhood trauma. If you have any questions about these techniques, please contact your child's therapist.

I would encourage you to engage with your child about the grounding techniques utilized in session. Have them teach them to you, so you can utilize them together at home. For more family activities you can use to engage with Lena & the Dragon with your child, additional resources for talking about tough topics with your children, or to order your own copy of the book, you can go to my website listed below.

All the best,
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