

Protect Those Who Protect Us



**An Nguyen, OTA-S
Allyson Contreras, OTA-S
Miriam Toro Vallin, OTA-S
Michaela Murphy, OTA-S**

Group Treatment Plan Outline

Group Title: Protect Those Who Protect Us

Author: Allyson Contreras, Miriam Toro Vallin, An Nguyen, and Michaela Murphy.

Frame of Reference: The Model of Human Occupation is a frame of reference that looks at a person and what occupations are purposeful or meaningful to them and also how their environment interacts with them. MOHO can be used when working with an individual with PTSD and assesses volition (motivation), habituation (habits), and performance of the individual. After initial assessment and screening, the therapist can better understand the dysfunction of the individual and what they want to improve at to be able to participate in their occupations again. By better understanding the values and interests of the individual, the therapist will be able to incorporate these things into intervention.

Volition: Veterans interests and experiences are what motivate them in the occupation they find the most valuable to them. There is a reason they have an enjoyment in an occupation, and it's developed through what intrinsically inspires them to continue a job that feels more like leisure. Military service members have a mental drive towards their choice of occupation possibly from a previous experience, and the pleasure they receive from their actions gives them self realization of their potential. In occupational therapy, their interests and what motivates them are the core source of how we would help them achieve their ultimate goals.

Habituation: The Veterans obtain habits that they engaged in prior to their military service with behavior patterns they achieved in the Military. It's mentally exhausting for them to adapt with the environment of a normal civilian life. MOHO provides meaningful and appropriate activities in a familiar environment that supports them to manage their stresses when they come back to the life of civilization.

Performance: Their capability is not just based on their physical appearance, but their mental experience. A Veteran could be a double amputee, but his daily struggles that are preventing his performance can be mental. Veterans' experiences shape their performances regarding what they're limited in achieving. Mental health disorders obtained from the service such as depression, PTSD, and suicidal thoughts affect performances daily until a healthier solution is arranged.

Purpose: The purpose of therapy is to help Afghan Veterans who suffer from PTSD recover and heal from past traumatic events experienced during war and to thrive in society once they are back from deployment. Some of the symptoms PTSD Veterans experience include irritability, angry outbursts, feeling numbness, and not being able to sleep and focus throughout the day. Therapy will help veterans adapt to their current lifestyle by helping them identify harmful behavior and providing solutions so they can continue with a normal life.

Group Membership and Size: Approximately half of Active Duty (45.7%) men and women enlisted are 25 years or younger, and male participants cover about 83.1% of Active Duty. For

reference regarding military families, “ In 2019, almost half (47.2%) of enlisted members and a majority (67.0%) of officers report themselves as married...32.2 percent are married with children, 15.7 percent are married without children, and 5.9 percent are single with children.” (<https://download.militaryonesource.mil/12038/MOS/Reports/2019-demographics-report.pdf>)

With this formal information, it was our decision to choose our population to be male Active Duty service members from the age of 18-26 years of age, specifically those who have served and dedicated their lives to fight in Afghanistan. Of those men who returned home from Afghanistan, roughly 20% developed symptoms of PTSD or major depression. The ideal group size is about 3-6 Veterans, enough for others to discuss and relate to one another and the perfect amount to not feel overwhelmed or crowded with others. This will be an open group for the purpose of having Veterans being comfortable to come and go as they please if it's not a good fit for them. Also, PTSD has it's different waves of arrival that makes it hard to prepare for, and if a Veteran is having a moment of weakness they can come to the group when needed. The criteria for those able to join include characteristics such as PTSD, depression, and stress management that are holding them back from living their everyday lives. Veterans who suffered from traumatic brain injuries or cognitive disabilities won't be able to be participants of the group for the reason being they need to be capable of physical mobility, along with speech and language.

Group Goals:

1. *Being able to hold a job to sustain living on their own.*

Maintaining a reliable and steady job will provide a Veteran additional opportunities to gain responsibility, keep them busy and distracted, meet new people, and help them manage a routine. Having their job will provide them with an income for a home, and those responsibilities will roll over to taking care of managing their space in their home. Managing a home includes cleaning, laundry, groceries, and they are entitled to what furniture and decor they place in their home which can help prevent triggers.

2. *Relieve nightmares that cause panic attacks and get a good night sleep to be able to focus better throughout the day.*

Many Veterans after coming back from war experience traumatic nightmares that inhibit them from getting a good night's sleep. Developing a nightly routine to organize patients' thoughts and better enabling them to sleep.

3. *Reconnecting with family and friends to maintain healthy relationships.*

Returning home from military service after an extensive period of time affects the veterans' emotion and behavior. These changes can push them away from withholding relationships with their family and friends. It's common for them to have the feeling of isolation or feeling alone. Therefore, the OT would involve their family in the treatment to create meaningful activities for everyone to engage in. This supports the veterans to gain more positive thinking, and prevent feelings of numbness and withdrawal.

4. *Preventing angry outbursts from developing in public situations because of certain triggers to be able to function throughout the day.*

Veterans with PTSD are often not able to control their emotional responses. Veterans may experience an angry outburst as a response to trauma. Certain triggers such as smells, sounds, objects or situations might make an individual with PTSD have angry outbursts. Veterans will have the ability to learn and better understand how to regulate their behavior in public areas when triggered. They will have the opportunity to come up with appropriate responses when triggered to prevent angry outburst in public situations. It's important for veterans who suffer from PTSD to learn to manage an angry outburst so they can maintain healthy relationships with people around them and to be able to function throughout the day.

5. *Working on developing different coping skills when dealing with substance abuse issues specifically, drinking excessively that interferes with their daily lives.*

Substance abuse is a huge problem many Veterans face because of overwhelming thoughts and feelings that interfere with their daily lives. To numb these feelings Veterans turn to alcohol to relieve their stress and anxiety. Coming up with different coping strategies to replace substance abuse is a way we can help them.

Outcome Criteria: During the first session of the client's treatment they will be given a questionnaire to rate different challenges the client faces after coming back from their deployment and adjusting back to their normal lives. There will be 6 goals narrowed down that are rated on a 1-5 scale and what they want to achieve after completing the 6 weeks of treatment. After the 6 weeks of treatment are complete, they will take the questionnaire again and rate their level of function based on the 6 goals they've been working on and see the improvement they have made.

Method:

- *Media-* : Can be chosen for instruction of activities for patients with PTSD. Media would be addressed for section 3 with the title " Family Jeopardy". It is a game in which family members get together and participate in a quiz competition. The contestants can use their general knowledge to answer the questions in the forms. This activity will require a phone, laptop, or desktop computer.
- *Leadership:* Directive leadership would be the most appropriate form of leadership when working with patients with PTSD because of brain injuries that some of these patients might have endured and needing to see a therapist's demonstration when completing therapy activities. It is the therapist's job to guide the group into creating specific goals and activities they need to be steered in the right direction. They have the duty of making decisions, giving judgments, and motivating the team during a demonstration of therapy activities.

Time and Place of Meeting:

Providing a comfortable, safe space for Veterans during therapy sessions is a priority in order to

ensure they are present and focused. Group therapy sessions will be held in the morning at a VA Medical Center in the Mental Health Clinic at any of the locations in Orange County. Each Veteran will attend therapy for 50 minutes a day in the middle of the week for 6 weeks consecutively. The room that therapy will take place in will be approximately 1024 square feet, and located on the side of a building so a window with natural lighting and fresh air are available. There will be about seven supportive and cushioned chairs in the form of a circle in the middle of the room, that way the therapist is not excluded from the clients. There will be a limited amount of decor on the wall, this decor including the American flag, inspiration quotes, and appropriate art pieces. To make the room feel more comfortable, there will be a few green, colorful plants and a calming scent in the room either being a candle or air freshener. To prevent surrounding environmental noise, a sign will be posted on the door of the room stating that therapy is in session and to be cautious of the noise level. For client's comfort, there will be a foldable table with water, coffee, pastries, and fruit complimentary for the clients during treatment.

Supplies and Cost:

Session 1:

- 4 Colored cardstock (1-3 pieces) any color of their choice: \$5 for a packet of 24

- 4 Staplers or glue sticks or tape: \$2 for each/ \$8 for 4 each
 - 4 Scissors: \$2 for each/ \$8 for 4 each
 - Any choice of item to hang the craft on that's in a triangle shape (hanger, paper towel roll with yarn, etc.)
- Total: \$21.00

Session 2:

- 1 towel per person thick enough for comfort: \$15 or less
 - OR 1 yoga mat per person: \$10
 - Pen or pencil: \$3-\$5
- Total: \$28.00 or \$30.00

Session 3:

- Scattergories game: \$12-\$20 based on size of game
 - Pen or pencil: \$3-\$5
 - Bowl or bag: \$5
- Total: 18.00 or \$30.00

Session 4:

- Flash cards: \$3
 - Pen or pencil: \$3-\$5
- Total: \$6.00-\$8.00

Session 5:

- 4-6 16x16 white canvas: \$16
 - Red, white, and blue paint: \$12
 - Black marker or Sharpie: \$4
 - 2 rolls of duct tape: \$8
 - Pack of paint brushes: \$6
- Total: \$46.00

Session 6:

- Large of M&M's: \$13
 - Brown paper bag: \$2
 - Markers: \$7
 - Tape: \$3
- Total: \$25.00

References: <https://download.militaryonesource.mil/12038/MOS/Reports/2019-demographics-report.pdf>
<https://thegoalchaser.com/positive-words-to-describe-someone/>

<https://www.astrobrights.com/inspiration/ombre-paper-chain-wall-art>
<https://www.addictions.com/blog/36-addiction-recovery-group-activities/>
<https://www.youtube.com/watch?v=TqVSwY8y3UY>
<https://www.youtube.com/watch?v=TqVSwY8y3UY>
<https://thegoalchaser.com/positive-words-to-describe-someone/>

Filler activities:

- *Kahoot* - Kahoot is a game-based platform used by education teachers, students, and for a leisure activity for all. It makes it easy to create an entertaining or educational quiz that's simple for the participants to participate with the use of a mobile phone or computer. It's purpose is to test the participants' knowledge of a particular subject while making it fun and competitive.
- *Lifeline* - On a piece of paper, have participants make 2 points on the opposite ends of the paper with one labeled "birth" and the other labeled "now". Draw a straight line connecting the two points. Have participants identify at least 3 high points and 3 low points that have taken place in their life, for example, a high point can be graduating college and a low point can be losing a loved one. The points on the line should be dotted according to chronological age. Participants will share with a partner, if a high or low point is too personal they can simply say "Age 13 was a low point".
- *Fear in a Bowl* - Each participant is given a small piece of paper and asked to take out a pen or pencil of theirs. They will be asked to write down ONE of their biggest fears. The therapist will walk around with a bowl and collect each piece of paper from all participants without looking at them. When all pieces of paper are collected, they will be mixed around in the bowl. The therapist will walk around and have each participant choose a fear from the bowl and read it out loud. As each participant is choosing a fear, every other 4th fear will be discussed on what the anonymous participant can do to overcome that fear. This promotes the idea that others may have the same fear as you, and you're not alone. Some people struggle to talk about their fears, and this makes it simple for those that may need help but don't ask for it.
- *Would you Rather* - Is a free game to download on your phone that creates questions that the participant has to decide which scenario they would prefer. It's a simple game of would you rather, meaning would you rather ___ or would you rather ___? Some questions can be silly, serious, or unrealistic. Participating in this game helps with decision making, situational awareness, and hypothetical situations. An example of a "would you rather" question can be "Would you rather find true love or find ten million dollars".
- *Fruit Salad Love* - All the participants will get in a circle. Everyone will pick up the name of a different salad or fruit and share it with the group. One person starts with saying "(his own fruit) loves (name of another fruit or salad that was mentioned)". For example, "Strawberry loves Orange, Then, the person who has orange as his fruit will continue by saying "Orange loves (name of another fruit)" (Orange loves Apple). One

person is in the middle of the circle and tags anyone who pauses. The pauses persons will step out of the circle. The final two are the winners.

- *Jar of positivity* - Participants will be given a jar and sticky notes to write positive thoughts. They will write 10 positive thoughts to use when they are using negative self-talk. They will put those notes inside the jar and use them when they are having difficulty completing a task.

Session 1 of 6

Group Title: Protect Those Who Protect Us

Session Title: Crafts for the Calm

Format:

- 10 minutes - Icebreaker with partner
- 2 minutes - Have participants gather supplies
- 3 minutes - Explaining directions and showing a demonstration of activity
- 8 minutes - Have participants write down on a piece of paper 10 positive and encouraging words
- 25 minutes - Participants will start and complete a craft with a finished product to show to the class
- 3 minutes - Everyone will gather the paper scraps from their desk and throw them away in the trash

Description:

- **Introduction:** The purpose of this craft is to allow participants struggling with anxiety and having problems holding a job to support themselves by relieving anxiety through arts and crafts. Expectations include staying on task, the area is clean and organized, and having a calm composure while completing the craft. This craft will take approximately 20-25 minutes to complete.
- **Warm-up:** *Two Truths and a Lie* - This activity allows participants to share life experiences or fun facts about themselves to become comfortable with peers. It requires their creativity and memory to create two true statements about themselves and one false statement that is made up. The participants are allowed a few minutes to think of two truths and a lie before they share with a partner. When ready, one participant will tell the other all three statements and they have to guess which one is false and which ones are true. Participants then switch.
- **Activity:** The end result of this paper chain activity is to be a hanging wall art that descends with paper circles. The participants have the option of using 1-3 sheets of construction paper. The first step is to gather the papers being used, and measure a strip of paper that's about 1 inch by 7 inches . Next, it will be required to cut out about 25 strips of paper. Then once the strips are cut out, each circle will be stapled, glued, or taped within the other with different amounts on each row. For example, the circle farthest to the left will be by itself, the next one will have 3 attached, next one 4, then 7, and then ascend back up as it is on the left side.

Supplies:

- 4 Colored cardstock (1-3 pieces) any color of their choice
- 4 Staplers or glue sticks or tape
- 4 Scissors
- Any choice of item to hang the craft on that's in a triangle shape (hanger, paper towel roll with yarn, etc.)



Session 2 of 6

Group Title: Protect Those, Who Protect Us

Session Title: Military Meditation

Format:

- 10 minutes ice-breaker
- 5 minutes- clear desks and chairs to participate in yoga session
- 15 minutes- complete yoga session
- 15 minutes- complete a personalized nightly routine checklist
- 5 minute- conclusion/reflection

Description:

- **Introduction:** The purpose of this session is to reduce the number of nightmares and panic attacks the client experiences at night and be able to improve sleep in order to function throughout the day. Expectations include the client following directions, listening to the therapist, being present and in the moment. This yoga session will take approximately 20 minutes to complete and the therapist will help guide the client in establishing a nightly routine which will take 15 minutes. If the group members choose to, they have the option of sharing with the group some of the tasks they perform to maybe give other members ideas.
- **Warm-up:** *Find Someone Who* - This Activity helps participants connect with one another and helps them overcome shyness. The game will help participants find out facts they might not know about each other. They will have a few minutes to walk around the room and find people who share the same characteristics described on the sheet. When they find someone, they will write the names of the people on the blank provided. They can only use a person's name once.
- **Activity:** Start with legs crossed and both hands resting on knees and begin swaying torso back and forth and close your eyes. Shift forward into table top position coming to all fours and curl your toes, sending hips back toward the heels, reach hands out with chest moving closer to the floor. Inhale come up to tabletop, shoulders over the wrist looking forward, then exhale sending hips back towards the feet (repeat this process 5 times). Start sending hips back and then lift up into downward dog, start pedalling feet stretching out the legs. Look forward and walk towards the front of the mat, feet hip-width apart and then slowly move all the way up. Once standing up straight roll shoulders back, slightly bending knees, begin swaying fingers to one side and then the other continuing this process. Slow down then place hands behind back and interlace fingers with knuckles down and away. Take a deep breath in then exhale sending head and chest to the floor and sending hips back until fingers are vertical to the roof. After 10 seconds release the arms, straighten legs, and lift half way up, exhale coming all the way down bending knees and crouching down take a deep breath in and out. (min 23:53) Slowly come up, step as wide as you can, feet are parallel, place hands on the waist and slowly move forward sending hips back with a slight bend in the knees, then come back up (min 27:26) (repeat 3 times). Release hands and on an inhale bring hands all the way up to the ceiling and exhale releasing hands (repeat 3 times). Lay on back and bring knees up to roof and walking heels towards glutes, palms placed prone on floor next to waist (38:13)t. Begin lifting hips towards the ceiling coming into a bridge position holding for a few

seconds then coming back toward the ground. Release legs sending them to the floor and come into shavasana. <https://www.youtube.com/watch?v=TqVSwY8y3UY>

Have the group make a list of things they prefer to do before bed to get in the habit of creating a nightly routine. These items will be in the format of a checklist so participants will stay “on track” to do everything they need to before bed.

Nightly Routine Checklist

<https://www.home-storage-solutions-101.com/support-files/evening-routine-chart.pdf>

Supplies:

- A towel or yoga mat
- Let attendees know in advance to wear comfortable clothes
- Print out sheet of warm-up activity *Find Someone Who*.
- Pen or pencil



Session 3 of 6

Group Title: Protect Those Who Protect Us

Session Title: Family Jeopardy

Format:

- 10 minute- Ice breaker
- 5 minutes- Have participants get into 5 groups of 4 people
- 25 minutes- Play Jeopardy
- 10 minutes- Filler activities

Description:

- **Introduction:** The purpose of this therapy session is to help the client reconnect with family and friends to maintain healthy relationships. PTSD veterans return from their designated deployment with multiple health conditions, and are withdrawn from their loved ones. Playing a game of Jeopardy is an encouraging way to support veterans to be interactive, and make them feel reconnected with their family and friends by coming together and playing a fun game. Expectations of the game involve simple rules including to not use any technology to retrieve answers, prevent anyone from listening to other teams discussion, and no shouting out any answers. The game will be played fairly, and intended to be fun.
- **Warm-up: Scattergories** - The point of this game is to produce and expand active thinking in the mind of the players involved in the game. This game will be played with a pair of two people playing against each other to see who will earn the most points and win at the end of the game. Each player will be given a card with a list of categories on the front and back. The host of the game will walk around with a bowl that contains letters in the alphabet on a piece of paper, and each pair will blindly select a letter. Whichever letter they select they will have to think of a word that starts with that letter for each category. Here's three categories with the letter M for example:
 Name of a person: Melissa
 Job title: Mechanic
 Name of a city: Malibu
 Each pair will be given 2 minutes to complete each side of the card, if they cannot think of a word then they leave it blank. The player who tallies up the most words will win the game.
- **Activity:** For this activity we will guide members of the treatment session to create five groups of 4 that are closest to them in location of the room. This group will work together to choose the category and the level of question they will answer in a given amount of time. If the group does not answer correctly, the next group will have the chance to answer and receive points. When the question appears the group will have 15 seconds to come up with an answer. To create a template for the game we used <https://jeopardylabs.com/> that has a format to create categories and questions.

Supplies: For warm-up activity the supplies needed will be a bowl, cut out letters of the alphabet, the list of categories for each pair, a pencil or pen, and the provided sheet to write words on.

Name the country by the monument	Name state by city-West Coast	U.S. History facts	Name movie by character	Name singer by song	
100	100	100	100	100	
200	200	200	200	200	
300	300	300	300	300	
400	400	400	400	400	
500	500	500	500	500	
M E N U	Team 1	Team 2	Team 3	Team 4	Team 5
	0	0	0	0	0
	+ -	+ -	+ -	+ -	+ -

Session 4 of 6

Group Title: Protect Those Who Protect Us
Session Title: I am safe
Format:

- 10 minutes- Ice Breaker
- 3 minutes- Have participants gather in a circle
- 10 minutes- Explain Grounding technique and give examples of activity
- 20 minutes- Allow time for members to practice grounding techniques activity
- 7 minutes- Complete and conclusion.

Description

- **Introduction:** The purpose of this activity is to help Veterans develop coping techniques they can use in public spaces to avoid angry outbursts when they have been triggered. Veterans may be triggered by crowded areas, large gatherings, or events. It is important for Veterans to remain calm and regulated to prevent a negative effect on their life. Some Veterans may avoid social events or public gatherings due to the negative experience they have when triggered. A grounding technique is a great way to distract them from the angry outbursts and bring them back from re-living the trauma. Grounding techniques often use the five senses sound, touch, smell, taste, and sight to immediately connect you with the here and now.
- **Warm Up:** *Who can it be?* - Each member of the group makes a list of three things that other people in the room don't know about them. Individuals can write their names at the top and fold the paper over so that their names are not seen. Members will walk around the room and try to find the person who they think might fit the three things listed on the paper.
- **Activity:** 5 Senses Grounding Techniques can be done anywhere. To begin the participant will be asked to take in the details of their surroundings using their five senses. For example, listening to the sounds around them, feeling the texture of their clothing, noticing smells in the air or chewing flavorful gum are all grounding techniques that produce sensations that are difficult to ignore or distract from what's going on in the mind. To finish they will take a deep belly breath.
- **Supplies:**
 - Grounding Technique PDF
 - <https://www.atrapamente.com/en/guides/post/understand-PTSD/>
 - Flash cards for warm-up
 - Pen or pencil

Section 5 of 6

Group Title: Protect Those Who Protect Us

Session Title: Paint the Stress Away

Format:

- 10 minutes - Ice breaker
- 3 minutes - Give participant their canvas and set up supplies accordingly for everyone to use
- 2 minutes - Explain process of setting up the duct tape
- 25 minutes - To paint canvas
- 10 minutes - Share paintings with the group

Description:

- **Introduction:** Painting can be a source of stress relief for anyone who needs to free their mind of what is causing stress to overpower their emotions. Painting allows the mind to focus on one central topic or idea, and by doing that the stressor begins to fade away and not be the center of attention. Not only does painting calm oneself, it amplifies the creativity and imagination someone thought they never once had. Veterans encounter fear and anxiety through environmental factors and the thoughts going through their mind each day since they've lived those memories. Stress management can support the reduction of how frequently Veterans experience anxiety, and painting can make a great impact. Each Veteran is expected to complete a painted canvas with further instructions on how to personalize and mold it to their lives. This craft will take approximately 25 minutes.
- **Warm up: *Laughter*** - This activity helps the brain produce dopamine that is the chemical responsible for feelings of pain relief, happiness, and motivation. Laughter allows the patients to get a different perspective in difficult situations, connect more easily with others, and relieve stress. The participants will be divided into equal groups. We ask all members to bring something that makes them laugh such as funny stories, pictures, jokes, and movies. Each member shares stories or items that they have with the group. Finally, members will benefit from each other's laughter.
- **Activity:** Each participant will be given a 16x16 blank canvas with supplies provided for everyone to share. The members will rip off 6 strips of duct tape long enough to be stretched across the canvas. They will leave enough room for a box shape to be at the top left of the canvas. Strips of tape will be set about an inch apart from one another. On the white sections between the tape, the members will be painting those sections red leaving 7 painted red stripes on the canvas. They will then use the blue paint to color the box in the corner all blue. When both red and blue paint dry, they will remove the tape from the canvas exposing the white under the tape. It will start to appear as an American flag. They will then cover their hand with white paint and gently press their hand on the blue section on the top left. After cleaning off their hands, they will obtain a black marker and write in between the white stripes with their response to the following:
 - Name someone who is just as brave as you are.
 - Name the person who inspires you the most.
 - Name someone you lost who was important to you.
 - Describe yourself in one word.

-Name the city/country that affected you the most.

-Where is your happy place?

When participants complete their painting, they will be asked to share with the group with their level of comfort. Emotions will be expressed, but the members will know they are safe and there's others that can relate to their pain.

Supplies:

- Multiple 16x16 blank white canvas
- Red, white, and blue paint
- Black marker
- About 2 rolls of blue duck tape



Session 6 of 6

Group Title: Protect Those Who Protect Us

Session Title:

Format:

- 10 min- Icebreaker
- 5 min- Introduction
- 20 min- Paper bag activity

- 5 min- Discussion and sharing of people's paper bags
- 10 min- Filler activities

Description:

- **Introduction:** The purpose of this craft is to provide healthy coping strategies to PTSD victims struggling with substance abuse and who use drinking as a coping mechanism after coming back from war. This activity will help boost our client's self-esteem by coming up with words they feel describe them and share to the group. It will also serve as a creative craft that can keep our clients busy and distract them from their urges to want to drink. The treatment will be a judge-free environment that clients feel comfortable sharing their thoughts and feelings. Expectations include being accepting of others, not judging, and staying on task while completing this activity. This activity will take roughly 20 minutes to complete.
- **Warm-Up:** The m&m's game: Participants will be asked to grab a handful of m&m's and based on the colors they have in their hands they will share two facts about themselves. For a green m&m they will share about their favorite hobbies, brown m&m they will share about their favorite foods, red m&m they will share something about their hometown, blue m&m they will share their favorite books or movies, yellow m&m they will share something they did this summer, and for an orange m&m, they can share anything.
- **Activity:** This activity involves clients decorating a paper bag by writing words and drawing images that they feel represent them as being seen from the outside world. Once this is done the clients will come up with words and images they feel are hidden qualities that very few people know about and draw them on the inside of the paper bag. After everyone completes their bag we will go around sharing people's bags and discussing them with the group.

Supplies:

- Big bag of m&m's
- Brown paper bag
- Different color markers/pencils
- Printed images (optional)
- Tape

