

## The Gingerbread Exercise

The gingerbread is a good activity to think about what is going on for a child/young person. It considers their core beliefs and the underlying drivers behind how they present or behave (see also Iceberg activity). It can also be helpful thinking about a parents/carer's presentation and behaviour. This activity can be used for own/group case reflection, as part of supervision and also within direct work (if used sensitively and from a trauma informed perspective).

See below for activity prompts and blank gingerbread below to complete the activity.

What are  
they  
thinking?

### Think about their story

Think about the important events and experiences in the young person's life and significant factors



Core  
beliefs

What are  
they saying  
to the world?

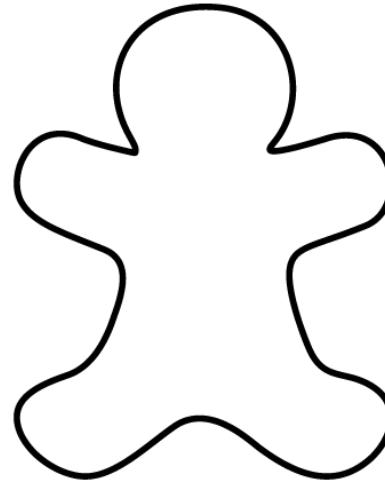
### Presentation

What are the behaviours you see which may cause challenges or worry?

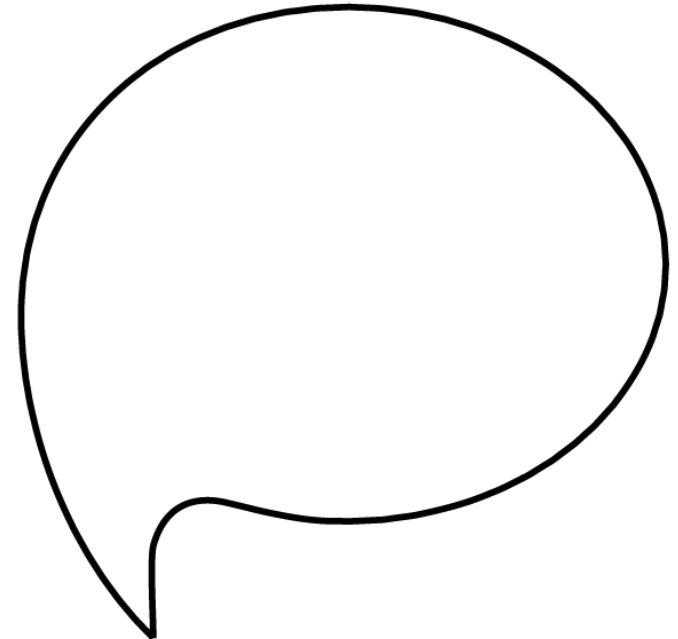
What are the protective factors for this young person?

# The Gingerbread Activity

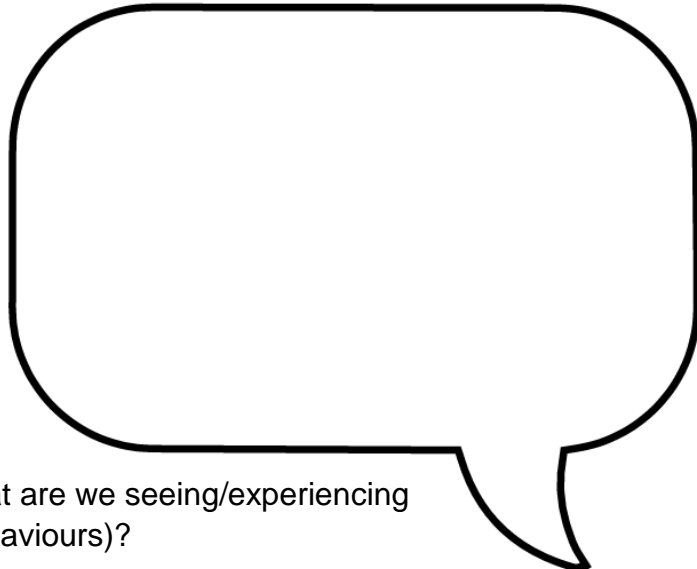
What might they be thinking?



What are they saying?



What are we seeing/experiencing (behaviours)?



## Core beliefs

