

EMDR KIDS

WORKBOOK



EMDR kids workbook

OVERVIEW OF EMDR

EMDR, or Eye Movement Desensitization and Reprocessing, is a special kind of therapy that helps kids feel better when they have strong feelings about tough things that happened in the past. Sometimes, when something scary, sad, or upsetting happens, the memory of it can stay stuck in your mind, making you feel sad, worried, or even angry, even when the event is over.



EMDR helps you process those memories so they don't bother you as much anymore. During EMDR, you'll talk about the things that make you feel bad or scared, but in a safe way. Your therapist might ask you to follow their hand or some lights with your eyes, or use other things like tapping or sounds. This is called bilateral stimulation, and it helps your brain handle the memory in a new way. It's kind of like how your body heals when you get a cut. At first, it might hurt a lot, but after a while, it gets better and stops hurting. EMDR helps your brain heal from painful or upsetting memories so they don't feel as big or scary anymore. You won't forget the memory, but it won't feel so bad when you think about it. And over time, it can help you feel calmer, happier, and more in control.

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HOW EMDR HELPS WITH WORRIES AND BAD MEMORIES

(Eye Movement Desensitization and Reprocessing)

Area of Concern	Before EMDR	After EMDR	How EMDR Helps
Intrusive Thoughts	Frequent, unwanted thoughts about distressing events or worries.	Less frequent, more manageable thoughts.	EMDR helps the brain process the thoughts, reducing their intensity.
Emotional Reactions	Strong emotions such as fear, sadness, or anger triggered by memories.	Calmer emotional responses to the same memories.	EMDR desensitizes the emotional charge attached to difficult memories.
Physical Symptoms	Headaches, stomachaches, or tension caused by anxiety or bad memories.	Reduced or no physical symptoms associated with past memories.	Bilateral stimulation during EMDR helps ease the body's stress response.

Anger Management for Kids Workbook

Area of Concern	Before EMDR	After EMDR	How EMDR Helps
Avoidance Behaviors	Avoiding places, people, or activities that remind them of the memory.	Able to approach situations or triggers with less fear.	EMDR reduces the fear linked to triggers, encouraging positive behavior.
Sleep Problems	Difficulty falling asleep or nightmares due to bad memories or worries.	Improved sleep, fewer nightmares or sleep disruptions.	By reprocessing distressing memories, EMDR can alleviate sleep issues.
Self-Image	Negative beliefs about oneself (e.g., "I'm not safe," "I'm not good enough").	Healthier, more balanced self-beliefs (e.g., "I can handle this.").	EMDR helps replace negative self-beliefs with positive, realistic ones.
Concentration and Focus	Difficulty focusing or staying attentive due to worry or emotional distress.	Improved focus and ability to concentrate.	By reducing mental distractions from unresolved memories, EMDR improves attention.

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WHO CAN BENEFIT FROM EMDR?

INTRODUCTION:

EMDR (Eye Movement Desensitization and Reprocessing) is a type of therapy that helps people process difficult or upsetting memories. It's especially useful for kids who may feel stuck with feelings, memories, or thoughts they don't understand or know how to handle.

This worksheet will help you understand who can benefit from EMDR and how it works for different situations.



1. WHAT IS EMDR?

EMDR helps the brain process difficult memories so they don't feel so big or scary anymore. It uses eye movements or other forms of bilateral stimulation (like tapping or sounds) to help with this.



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2. CAN YOU BENEFIT FROM EMDR?

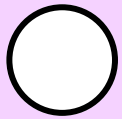
Answer these questions to find out if EMDR might help you:

Questions	Yes	No
Do you have memories that make you feel upset or scared?		
Have you had experiences that are hard to talk about?		
Do you sometimes feel stuck with sad or angry feelings?		
Do you have trouble sleeping because of bad dreams?		
Are there places or things that make you feel worried or afraid?		

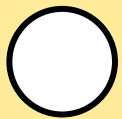
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3. WHAT EMDR CAN HELP WITH:

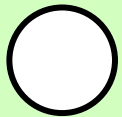
EMDR is often used for people who have experienced:



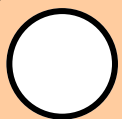
Trauma or difficult events (like accidents, injuries, or loss).



- Anxiety (feeling worried a lot).**



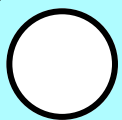
- Phobias (fears of specific things like animals, places, or activities).**



- Panic attacks (suddenly feeling very scared or anxious).**



- Grief (when someone you care about passes away).**

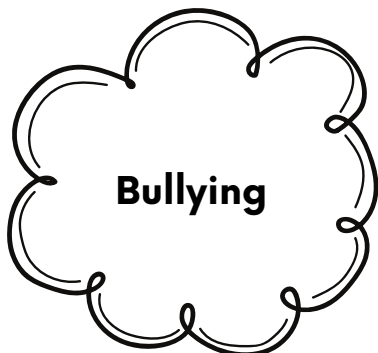
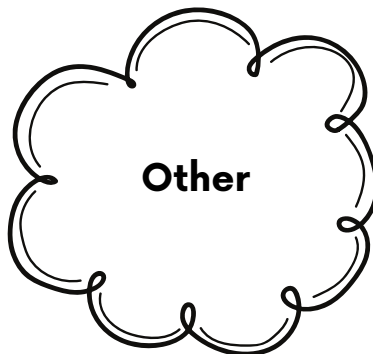
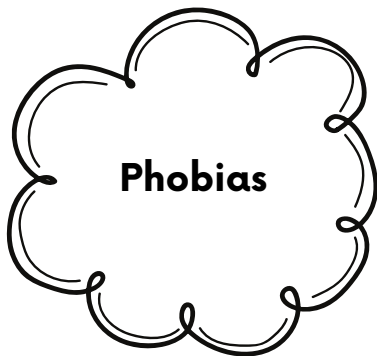


- Bullying or teasing (feeling hurt by how others treat you).**

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ACTIVITY: WHAT HAVE YOU EXPERIENCED?

Color in the things that you've gone through or that make you feel upset.



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4. SAFE AND SUPPORTED:

EMDR is done with a therapist who is trained to help you feel safe and supported. You don't have to talk about everything at once, and you can always take a break if things feel too hard.



5. HOW EMDR CAN HELP:

EMDR can make memories feel less painful or overwhelming. It helps by:

- ☐ • Taking away the scary or upsetting feelings connected to the memory.
- ☐ • Helping you feel in control of your thoughts and emotions.
- ☐ • Reducing fear or anxiety related to specific situations.

Imagine:

Think of a time when you felt really upset, and imagine if that memory wasn't as strong. How would that change how you feel today?

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6. WHAT'S NEXT?

If any of the things listed above feel familiar, talk to a parent, teacher, or therapist about whether EMDR might be a good fit for you. It's important to have support from trusted adults who can help you understand your feelings and make decisions about therapy.

Reflection:

Write down or draw how you think EMDR could help you feel better:

7. WHO ELSE CAN BENEFIT?

Many kids, teens, and even adults can benefit from EMDR. It's not just for people who've had big traumatic events it can also help with everyday worries, stress, or fears.

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VIDEO: "MEET ELLA AND HER JOURNEY WITH EMDR" (ANIMATED STORY)

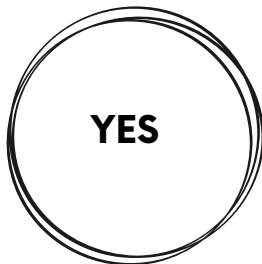
INTRODUCTION:

In this animated story, you will meet Ella, a young girl who learns how to face her difficult memories using a special kind of therapy called EMDR (Eye Movement Desensitization and Reprocessing). Let's follow Ella's journey to understand how EMDR works and how it can help you too!

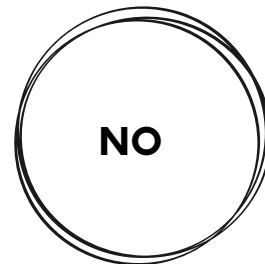
STEP 1: BEFORE WATCHING THE VIDEO:

Think about these questions:

- **Have you ever had a memory or a thought that made you feel sad, scared, or worried?**



(Color in one)



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- **How do you usually feel when you think about that memory?**

Example feelings: Sad, Scared, Angry, Confused, Other:

- **What helps you feel better when you have these memories?**

STEP 2: WATCH THE VIDEO - "MEET ELLA AND HER JOURNEY WITH EMDR"

As you watch Ella's story, pay attention to how she talks about her feelings and what happens during her EMDR therapy.

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STEP 3: AFTER WATCHING THE VIDEO

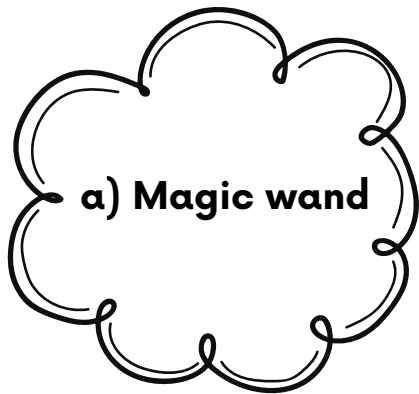
Answer these questions:

- **How did Ella feel at the beginning of the story?**

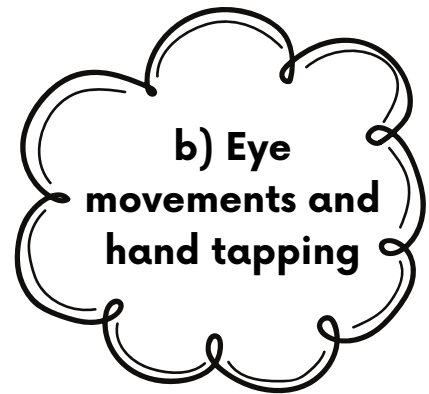
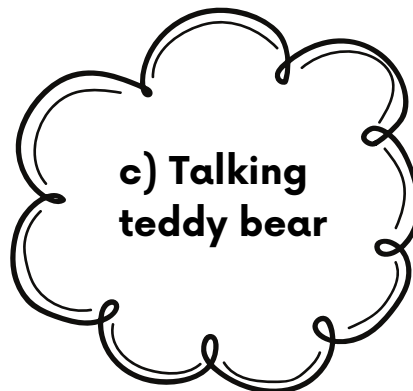
Ella felt:

- **What kinds of memories were bothering Ella?**

- **What did Ella's therapist use to help her during EMDR?**



(Color in one):



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- **How did Ella feel after her EMDR therapy sessions?**

Ella felt:

STEP 4: LET'S TALK ABOUT EMDR

- **What is EMDR?**

EMDR is a type of therapy that helps your brain work through tough or upsetting memories. It uses eye movements, hand taps, or sounds to help you process these memories in a healthy way.

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STEP 5: IMAGINE YOUR OWN JOURNEY WITH EMDR

- **Imagine that you are starting your own EMDR journey, just like Ella. What is one memory you might want to work on?**

My memory:

- **What kind of feelings do you have when you think about this memory?**

Feelings:

- **What kind of tool would you use in your EMDR session? (Circle one)**

a) Eye movements

b) Hand tapping

c) Sounds

- **After your EMDR session, how do you want to feel about that memory?**

I want to feel:



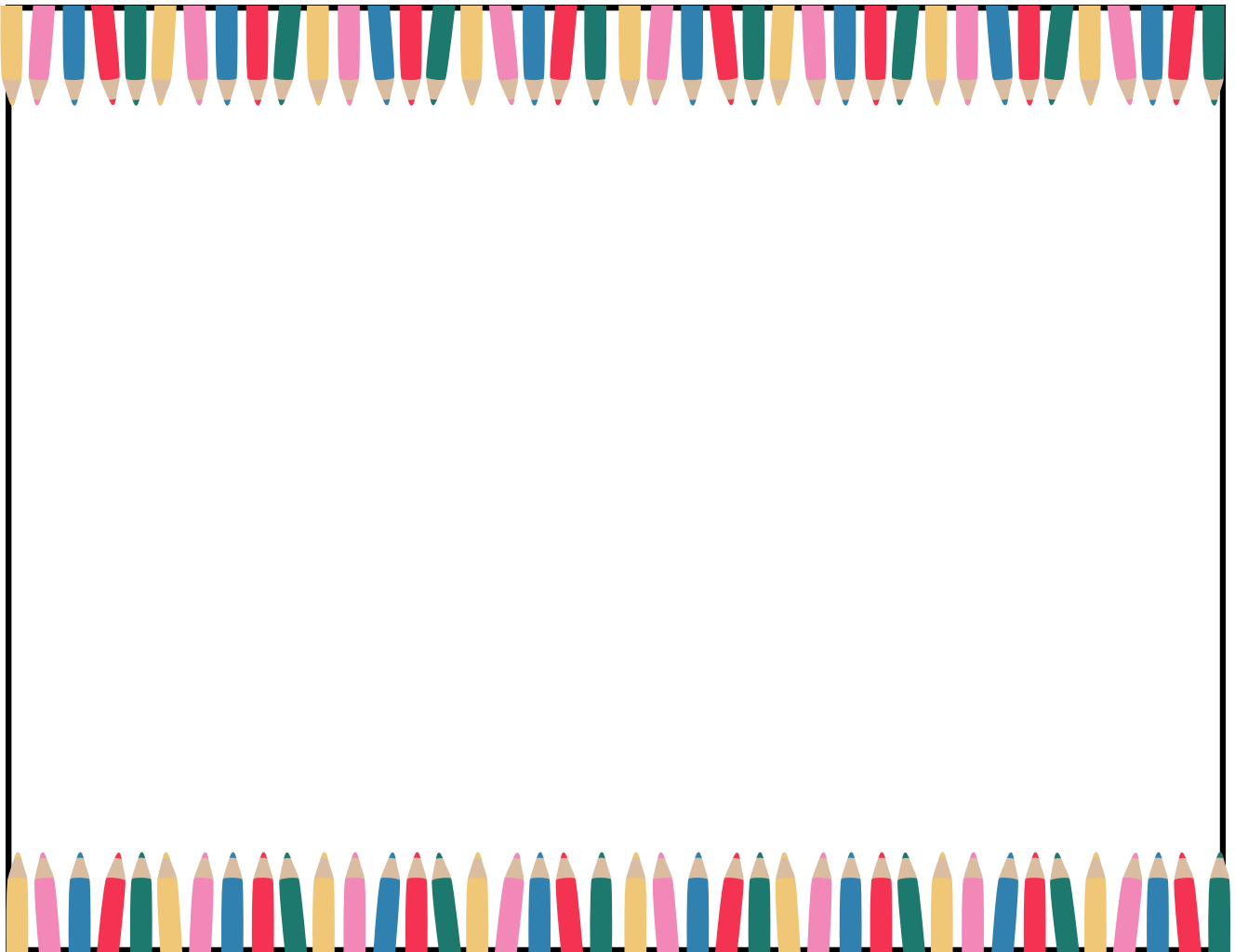
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STEP 6: DRAWING ACTIVITY – ELLA’S SAFE PLACE

In the video, Ella creates a “safe place” in her mind where she feels calm and happy.

- **Draw your own safe place below. It could be a place you’ve been to or somewhere you imagine. Include things that make you feel safe, happy, and relaxed.**

(Drawing Space)



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STEP 7: REFLECTION – MY TAKEAWAY FROM ELLA’S STORY

- What was your favorite part of Ella’s journey with EMDR?

- How do you think EMDR can help you with your own memories and feelings?

BONUS ACTIVITY: TALK WITH YOUR GROWN-UP

Share what you learned from Ella’s story with a grown-up, like a parent, teacher, or therapist. Explain how EMDR works and how it might help you with difficult memories.

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HOW OUR BRAIN WORKS WITH MEMORIES AND FEELINGS

Brain Part	Function in Memory & Emotions	Role in EMDR Therapy
Amygdala	<ul style="list-style-type: none">Processes emotions, especially fear and anger.Activates fight-or-flight response to threats.	<ul style="list-style-type: none">Identifies and processes emotional content from traumatic memories.
Hippocampus	<ul style="list-style-type: none">Stores and organizes long-term memories.Helps differentiate between past and present experiences.	Helps reframe and reorganize traumatic memories during EMDR sessions.
Prefrontal Cortex	<ul style="list-style-type: none">Responsible for rational thinking, decision-making, and emotional regulation.	<ul style="list-style-type: none">Helps the brain think clearly, reducing emotional overwhelm in EMDR.
Thalamus	<ul style="list-style-type: none">Acts as a relay station for sensory information.Helps process stimuli (sights, sounds, etc.).	<ul style="list-style-type: none">Plays a role in relaying sensory stimuli during bilateral stimulation.

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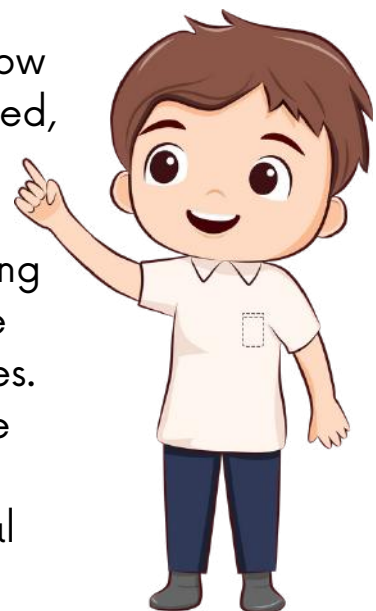
Brain Part	Function in Memory & Emotions	Role in EMDR Therapy
Hypothalamus	<ul style="list-style-type: none">• Regulates stress responses.• Controls hormones related to stress (e.g., cortisol).	<ul style="list-style-type: none">• Assists in calming the body's stress response during EMDR therapy.
Cingulate Gyros	<ul style="list-style-type: none">• Involved in emotional regulation and pain processing.• Connects emotional experiences to behavioral responses.	Supports emotional processing and reducing distress in therapy.
Brainstem (Autonomic Nervous System)	<ul style="list-style-type: none">• Regulates automatic bodily functions (breathing, heart rate).• - Engages during high-stress or fear situations.	<ul style="list-style-type: none">• Bilateral stimulation can help reduce the fight-or-flight response by calming this area.
Temporal Lobe	<ul style="list-style-type: none">• Involved in auditory processing and memory.• - Assists in recognizing and understanding emotions.	<ul style="list-style-type: none">• Helps process traumatic memories during EMDR, especially linked to sounds or speech.

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Brain Part	Function in Memory & Emotions	Role in EMDR Therapy
Occipital Lobe	<ul style="list-style-type: none">Processes visual information.- Helps the brain make sense of what the eyes see.	<ul style="list-style-type: none">Supports the visual aspects of trauma reprocessing through EMDR.
Parietal Lobe	<ul style="list-style-type: none">Integrates sensory information (touch, spatial awareness).- Involved in body sensation.	<ul style="list-style-type: none">Plays a role in reprocessing trauma connected to physical sensations.

KEY POINTS:

- **Amygdala** and **Hippocampus** are critical in how traumatic memories and emotions are processed, making them major players in EMDR therapy.
- During EMDR, **bilateral stimulation** helps the brain process distressing memories by activating these regions and allowing them to reorganize past events into more manageable experiences.
- The **Prefrontal Cortex** helps the brain regulate emotions, reducing the intensity of negative feelings, while the Brainstem calms the physical responses to stress.



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WHY SOME MEMORIES MAKE US FEEL BAD

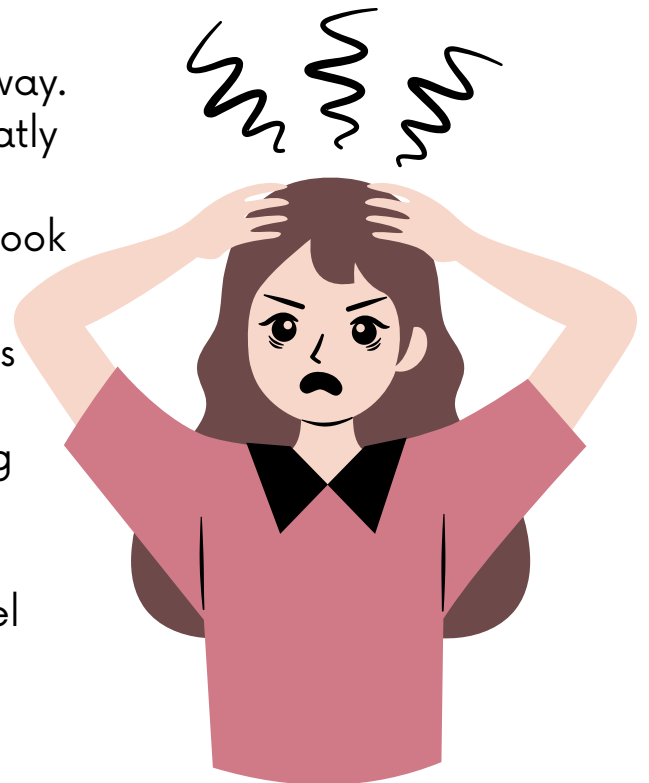
Our brain is like a giant storage system, keeping track of all the things we experience every day. Most of the time, memories are stored in a way that makes them easy to recall when we need them. But sometimes, when something scary, sad, or overwhelming happens, our brain stores that memory differently.



1. HOW MEMORIES ARE STORED

In a typical situation, our brain processes what's happening to us in a step-by-step way. Once the experience is over, the brain neatly files the memory away, so we can recall it later if needed. Think of it like placing a book on a shelf in a library.

However, when something intense happens like an accident, bullying, or the loss of a loved one our brain has trouble processing that memory properly. Instead of filing it away, the brain keeps it in an “unfinished” state. This is why certain memories can feel fresh, as if they are still happening.



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2. TRAUMA AND EMOTIONAL TRIGGERS

When a memory is tied to a stressful or traumatic event, it often carries with it the same emotions, body sensations, and negative beliefs that were felt during the original event. So, when something in the present moment reminds us of that bad memory (like a smell, a place, or a sound), it can make us feel the same fear, sadness, or anger we felt back then.

For example, a child who was in a car accident may feel scared every time they hear screeching tires, even if they are in a safe place. Their brain connects the sound to the dangerous event, making it hard to separate the past from the present.



3. THE ROLE OF THE AMYGDALA AND HIPPOCAMPUS

Two important parts of the brain play a big role in how memories affect us emotionally: the amygdala and the hippocampus.

- **The Amygdala:** This is the brain's "alarm system." It helps detect danger and triggers our fight-or-flight response. During a traumatic event, the amygdala becomes highly active, recording the emotional intensity of the moment. When we recall the memory, the amygdala can send out the same alarm signals, making us feel the same emotions we did during the original experience.

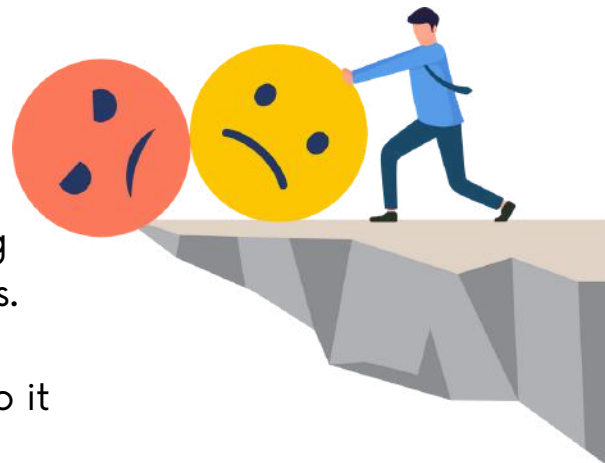
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- **The Hippocampus:** This part of the brain helps us organize memories and understand when things happened. In cases of trauma, the hippocampus struggles to place the memory into a clear time frame. That's why bad memories can feel confusing, out of place, or as if they are still happening.



4. WHY EMDR CAN HELP

- Eye Movement Desensitization and Reprocessing (EMDR) therapy works by helping the brain reprocess these “stuck” memories. During EMDR, the brain is guided to take the bad memory and place it into the right context, allowing the person to remember the event without feeling overwhelmed by the same emotions. Over time, EMDR helps reduce the emotional charge of the memory, so it no longer feels as bad or scary.
- In summary, some memories make us feel bad because our brain hasn't processed them properly. When these memories get triggered, the same emotions, thoughts, and sensations from the original event can rush back. Therapies like EMDR are designed to help the brain reprocess those memories, reducing their emotional impact and helping people feel better.



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WORKSHEET ABOUT "DRAW YOUR FEELINGS" (EXPRESSING EMOTIONS THROUGH ART)

DRAW YOUR FEELINGS

Expressing Emotions Through Art

- **Name:**
- **Date:**

STEP 1: HOW ARE YOU FEELING TODAY?

Think about how you're feeling right now. Take a moment to reflect on your emotions. Circle the feelings that best describe your emotions today. You can choose more than one.

• **Happy**

☐

• **Excited**

☐

• **Sad**

☐

• **Nervous**

☐

• **Angry**

☐

• **Confused**

☐

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• Scared

☐

• Relaxed

☐

• Lonely

☐

• Worried

☐

• Frustrated

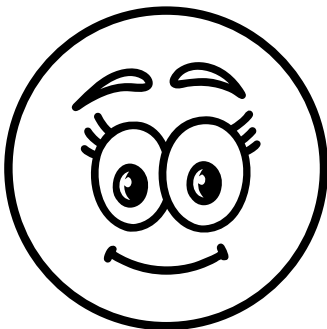
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• Proud

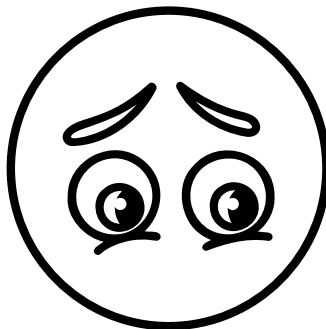
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STEP 2: COLOR YOUR FEELINGS

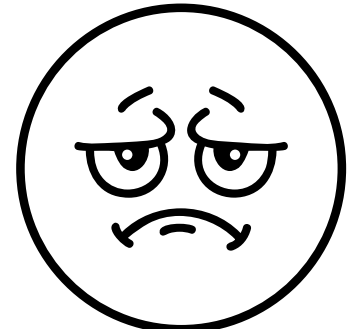
Now that you've identified how you're feeling, what colors do you think match those emotions? For each emotion you circled, pick a color that you think represents that feeling and write it below.



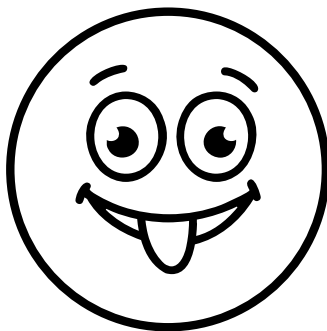
HAPPY



SAD



Angry



Excited



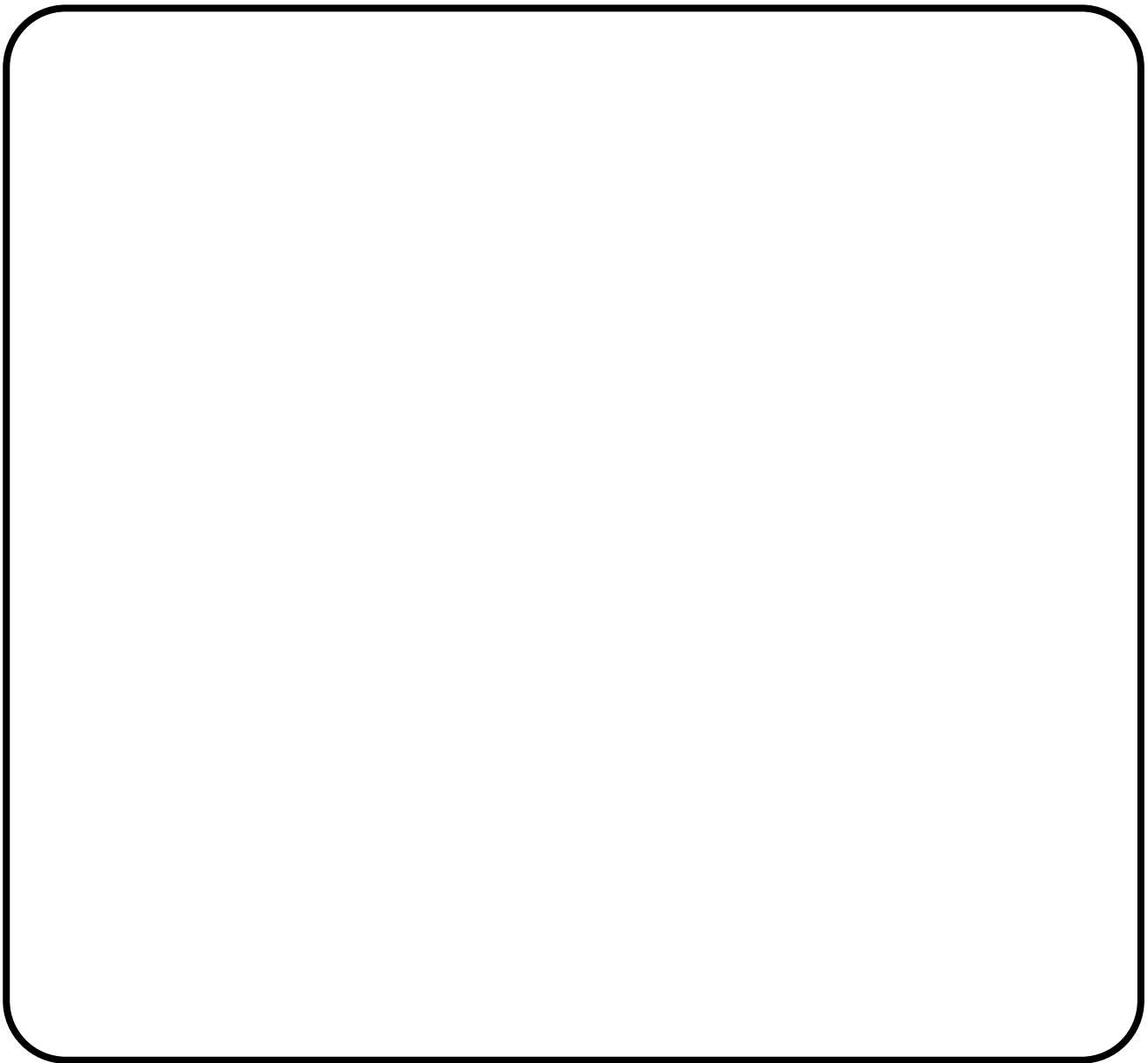
Nervous

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STEP 3: DRAW YOUR FEELINGS

Using the colors you chose, draw a picture of your feelings. You can draw whatever comes to mind there is no right or wrong way to do this. Your drawing can be abstract, a scene, shapes, or anything that helps you express how you feel.

Take your time and have fun!

A large, empty rectangular box with rounded corners and a black border, intended for drawing. The box is white and occupies the lower half of the page.

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STEP 4: REFLECT ON YOUR DRAWING

Answer the following questions about your drawing:

- **What does your drawing show?**

- **How did you feel while drawing it?**

- **What part of your drawing do you think best represents your feelings?**

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- Is there anything else you'd like to add about your emotions or your drawing?

STEP 5: SHARE (OPTIONAL)

If you'd like, you can share your drawing with someone you trust. Talking about your emotions can help you feel better and understand them more



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REMINDER:

It's okay to feel a mix of emotions. Drawing can be a helpful way to understand your feelings better. You can use this worksheet anytime you want to express how you're feeling through art.

"FEELINGS MATCH" (MATCHING EMOTIONS TO SITUATIONS)

OBJECTIVE:

Match the feelings with the situation to better understand how emotions are connected to experiences.

1. You lose your favorite toy.

Happy ☐ Angry ☐ Sad ☐ Confused ☐ Scared ☐

2. You score a goal in your soccer game.

Excited ☐ Frustrated ☐ Proud ☐ Worried ☐ Bored ☐

3. Your best friend moves away.

Lonely ☐ Happy ☐ Surprised ☐ Nervous ☐ Sad ☐

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4. It's your birthday and everyone sings to you.

Happy ☐ Embarrassed ☐ Excited ☐ Angry ☐ Calm ☐

5. You are about to start a new school.

Worried ☐ Confident ☐ Excited ☐ Sad ☐ Curious ☐

6. Your pet gives you a big cuddle.

Loved ☐ Afraid ☐ Proud ☐ Happy ☐ Curious ☐

7. You spill juice all over the table.

Ashamed ☐ Angry ☐ Happy ☐ Sad ☐ Proud ☐

8. Someone is mean to you at school.

Scared ☐ Confused ☐ Sad ☐ Angry ☐ Calm ☐

9. You see your favorite movie with your family.

Excited ☐ Bored ☐ Calm ☐ Happy ☐ Sad ☐

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INSTRUCTIONS FOR USE:

- **Read the situation on the left side.**
- **Circle or color in the feeling(s) you think match the situation.**
- **Discuss your answers with your therapist, teacher, or parent to explore why you chose those feelings.**

THE 8 STEPS OF EMDR THERAPY (SIMPLIFIED FOR KIDS)

EMDR (Eye Movement Desensitization and Reprocessing) is a special therapy that helps kids feel better when they've had tough or scary experiences. These experiences can make kids feel upset, worried, or scared, even when they don't want to. EMDR uses a combination of talking, thinking, and moving your eyes or tapping to help your brain feel better and process the memories in a healthy way. Let's break down the 8 steps of EMDR so you know what happens and how it helps!

1. GETTING TO KNOW YOU

In this first step, the therapist wants to learn about you and understand the tough things you've been through. You get to share what's bothering you, what makes you happy, and things that help you feel safe. It's a time to build trust and get comfortable.



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- **Kid's Example:** "The therapist and I talked about what makes me feel scared sometimes and what makes me feel safe, like cuddling with my pet or being with my family."

2. LEARNING TO FEEL SAFE

- Before we start talking about hard stuff, you need to know how to stay calm and feel safe. The therapist will teach you relaxation exercises like deep breathing, imagining a peaceful place, or using "butterfly taps" to help you feel grounded. This step helps you feel ready for the next parts.



- **Kid's Example:** "I learned how to picture my safe place in my head a beach with lots of sunshine and waves!"

3. FINDING THE UPSETTING MEMORY

- Together with your therapist, you'll choose a memory that's been bothering you. It could be something scary, sad, or confusing that happened in the past. You won't have to share every detail, just enough so the therapist knows what's been bothering you.

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- **Kid's Example:** "We talked about a time when I got really upset at school and couldn't stop thinking about it."

4. UNDERSTANDING HOW YOU FEEL ABOUT IT

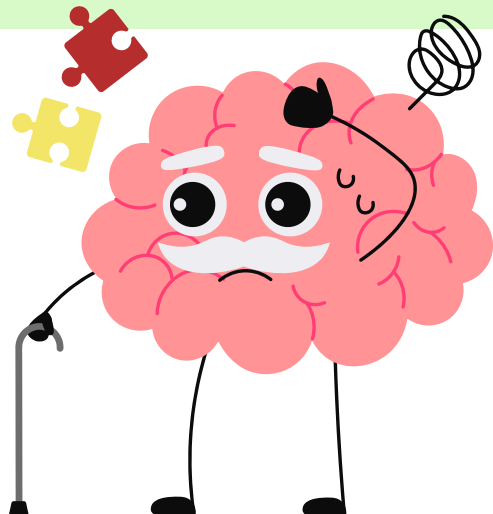
- This step helps you think about how the memory makes you feel, both in your body and in your thoughts. You might feel worried, angry, or scared, and your body might feel tense or shaky. The therapist will help you notice these feelings so you can start to change how you feel about the memory.



- **Kid's Example:** "When I think about the memory, I feel tight in my chest, and my heart races."

5. USING EYE MOVEMENTS OR TAPPING

- Now comes the special part of EMDR! While you think about the memory, the therapist will ask you to move your eyes back and forth by following their finger or lights, or they might tap on your hands. This helps your brain process the memory and make it less upsetting.



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- **Kid's Example:** "I followed the therapist's fingers with my eyes while I thought about the memory. It was weird at first, but it helped!"

6. NOTICING CHANGES IN HOW YOU FEEL

- As you do the eye movements or tapping, the memory will start to feel different. You'll notice that it's not as scary or upsetting as it was before. The therapist will check in with you to see how you're feeling, and they'll keep helping until the memory feels better.



- **Kid's Example:** "After a while, thinking about the memory didn't make me feel so scared anymore. It was like it was getting smaller in my head."

7. BRINGING IN POSITIVE THOUGHTS

- Once the upsetting memory doesn't feel so bad anymore, the therapist will help you think about something positive instead. Maybe you'll realize, "I'm strong," or "I'm safe now." This helps replace the old feelings with new, better ones.



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- **Kid's Example:** "Now, when I think about the memory, I can remind myself that I'm safe and it's okay."

8. CHECKING YOUR PROGRESS

- In this final step, the therapist makes sure you're feeling better and that the memory isn't bothering you anymore. Sometimes you might need to do this for a few different memories, but the therapist will help you through each one until you feel calm and strong.



- **Kid's Example:** "After we finished, I felt proud of myself for working through the memory and felt a lot better!"

WHY DOES IT WORK?

EMDR helps your brain process tough memories so they don't feel as scary or upsetting anymore. It's like putting the pieces of a puzzle together, making the memory make sense and feel smaller. Over time, it helps you feel stronger, safer, and happier..!

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BILATERAL STIMULATION: WHAT IT MEANS AND HOW IT HELPS

Welcome to Your Bilateral Stimulation (BLS) Worksheet!

What is Bilateral Stimulation (BLS)?

Bilateral Stimulation is a key part of EMDR therapy. It helps the brain process difficult feelings and memories by using movements or sounds that go back and forth between the left and right sides of the body. This can include eye movements, tapping, or listening to alternating tones. When you use BLS, it helps your brain feel less "stuck" on memories that make you feel upset, scared, or sad. It helps you to think about those memories in a new way so they don't feel as strong anymore.

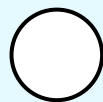
1. TYPES OF BILATERAL STIMULATION: TRY IT OUT!

a) Eye Movements

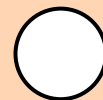
Follow the steps below to try eye movements at home.



- Hold your finger about 12 inches in front of your face



- Slowly move your finger from side to side, making sure your eyes follow the movement.



- Continue this for 30 seconds.

EMDR kids workbook

- **How do you feel after this?**

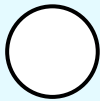
- Write down or draw how you felt before and after this exercise

b) Tapping

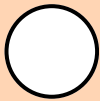
- Here's how to try "Butterfly Tapping."



- Cross your arms over your chest so that each hand touches the opposite shoulder.



- Slowly tap your shoulders, alternating between left and right.



- Tap for about 1 minute.

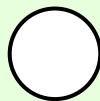
- **How do you feel now?**

- Circle the face that best describes how you felt:

- 😊 Calm & Relaxed | 😐 Neutral | 😟 Anxious | 😞 Sad

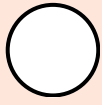
c) Sounds

- If you have a pair of headphones or speakers, you can listen to alternating sounds that go from left ear to right ear. This is another way of using BLS.



- Find a safe space where you can sit quietly.

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- Listen to alternating sounds for about 1 minute.

- **What did you notice?**
- Write down any thoughts or feelings that came up during or after listening to the sounds.

2. HOW BILATERAL STIMULATION HELPS

BLS helps your brain process hard memories or thoughts so that you can.

- **Feel safer** when thinking about upsetting events.
- **Change how you feel** about a memory it becomes less powerful over time.
- **Calm down** when you feel overwhelmed or anxious.

Use the chart below to explore how BLS helps you feel better!

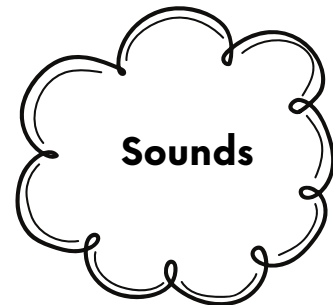
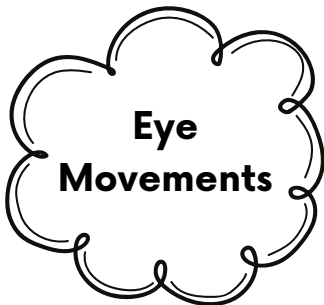
Situation	How I Felt Before BLS	What I Tried (Eye Movements, Tapping, Sounds)	How I Felt After BLS
Example: Feeling nervous at school	Nervous and shaky	Tapping	Calmer, more relaxed

EMDR kids workbook

3. CREATE YOUR OWN BLS TOOL!

Now, let's make your very own BLS plan to help you feel better when you need it.

- **My favorite way to use BLS is:** (COLOR IN ONE)



- **I will use BLS when:**

(List times when you feel upset, stressed, or overwhelmed)

- **What I feel after using BLS:**
- (Write down or draw your emotions after using BLS)

4. KEEP PRACTICING!

The more you practice Bilateral Stimulation, the easier it will become to use it when you're feeling upset or anxious. You are building a new way to manage tough emotions and feel safe!



Remember: If you ever feel too overwhelmed, it's important to talk to a trusted adult, your therapist, or a caregiver. They can help you work through your feelings and remind you that you're not alone.

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YOUR BLS PRACTICE JOURNAL

Keep track of your experiences with BLS here! Each time you use BLS, write down:

- **What was happening at the time**
- **What type of BLS you used**
- **How you felt before and after**

This will help you see how BLS is making a difference over time!

VIDEO DEMO: "BLINKY THE BUTTERFLY: EMDR EYE MOVEMENTS" (FUN ANIMATED GUIDE)

1. MEET BLINKY!

Hi! I'm Blink the Butterfly, and I'm here to help you feel better by using something called EMDR. EMDR stands for Eye Movement Desensitization and Reprocessing but don't worry, you don't need to remember the big words. Let's focus on something fun instead: following my wings with your eyes!



EMDR kids workbook

2. HOW DOES BLINKY HELP?

Did you know that following Blinky's wings can help your brain feel calm and sort through some of the yucky feelings you might have? When your eyes move back and forth, just like Blinky's wings, your brain can start feeling better about tough memories.

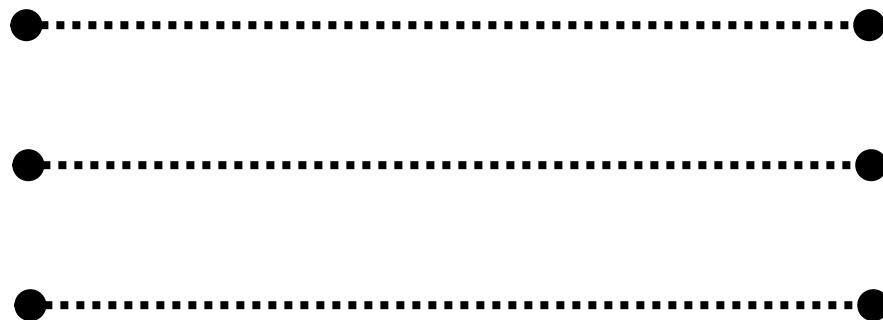
Let's try it together

3. PRACTICE EYE MOVEMENTS WITH BLINKY

Here's how you can do it:

- **Step 1:** Sit comfortably in a quiet space.
- **Step 2:** Keep your head still and move just your eyes.
- **Step 3:** Pretend that Blink the Butterfly is flying from one side to the other, and follow Blink with your eyes.

Now, try following the dots below with just your eyes:



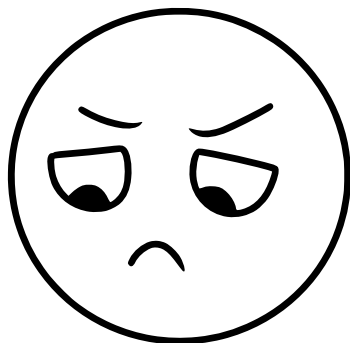
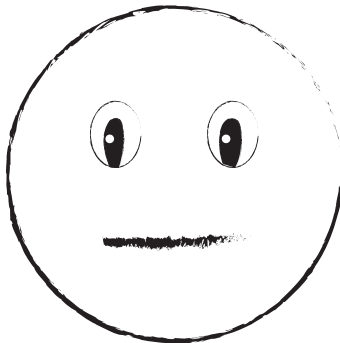
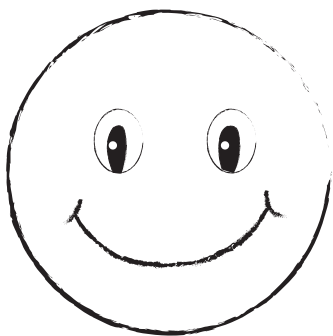
Good job! You're doing exactly what you'll do in EMDR therapy, just like Blink!

EMDR kids workbook

4. HOW DO YOU FEEL AFTER TRYING IT?

Following Blinky's wings can help you feel calm and make difficult memories less scary. After you practice, take a moment to think about how you feel:

- **Color in one face that shows how you feel right now:**



5. CREATE YOUR OWN SAFE BUTTERFLY

Blinky always stays calm, no matter what! You can create your own butterfly to help you feel safe during therapy. Draw or color your butterfly below, and give it a name:

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_____ **Name YOR BUTTERFLY:**

Now, whenever you feel scared or upset, you can think about your butterfly and feel safe

6. LET'S TALK ABOUT IT

- How did it feel to follow Blink's wings with your eyes?
- When could you use Blink's technique to feel better?
- Can you think of a time when you felt upset but would have liked Blink's help?

Write your answers or talk to your therapist about it!

7. BONUS ACTIVITY: FOLLOW BLINKY'S WINGS AT HOME!

You can practice following Blinky's wings at home with a grown-up. All you need is something small to move back and forth in front of your eyes, like a finger, a pen, or even a toy! Just remember to keep your head still and move your eyes, just like we did with Blinky!

EMDR kids workbook

Remember: Blinky the Butterfly is here to help, and so is your therapist. You're doing great, and every time you practice, you're getting stronger!

Worksheet Summary:

- **Purpose:** Introduces children to the basic concept of eye movements in EMDR therapy through an engaging character, Blinky the Butterfly.
- **Activities Include:** Practicing eye movements, emotional check-ins, drawing a personalized butterfly, and reflective discussion questions.
- **Target Audience:** Kids participating in EMDR therapy or learning about EMDR techniques for emotional healing.

INTERACTIVE GAME: "FOLLOW THE LIGHTS" (INTRODUCING BILATERAL STIMULATION)

- **Therapist:** "Hey there! Today, we're going to try something fun called 'Follow the Lights.' It's a little game that helps your brain feel better. Does that sound good?"

EMDR kids workbook

- **Child:** "Yeah, sounds fun! What do I have to do?"

- **Therapist:** "Great! So in this game, I'm going to show you some lights that move back and forth, like a little dance. Your job is simple just follow the lights with your eyes as they move from side to side. You don't have to move your head, just your eyes. Want to give it a try?"

- **Child:** "Okay! But why do I have to follow the lights?"

- **Therapist:** "Good question! Our brains are really smart. Sometimes, when we go through something tough or scary, our brains hold on to the memory, and it makes us feel bad later, even if the scary thing is over. By following the lights, your brain starts to 'replay' the memory in a way that helps it heal, kind of like how a scratch heals on your skin."

- **Child:** "Oh, so it's like the lights help me feel better?"

- **Therapist:** "Exactly! The lights help your brain work through those tough memories and make them feel less strong, so they don't bother you as much. You might notice that after a few rounds, the feelings that come with those memories aren't as scary anymore."

EMDR kids workbook

- **Child:** "Cool! So I just follow the lights, and my brain will help me feel better?"

- **Therapist:** "Yes! And while we do this, if you feel like you need to take a break or talk about something that pops into your head, you can tell me anytime. It's important that you feel safe and comfortable. Ready to give it a try?"

- **Child:** "Yeah, let's do it!"

- **Therapist:** "Awesome! Just remember, there's no rush. We'll take it slow and check in with how you're feeling as we go along. Here come the lights ready, set, go!"

WHAT TO EXPECT IN AN EMDR SESSION (FOR KIDS AND PARENTS)

- **Welcome to EMDR Therapy!**

EMDR (Eye Movement Desensitization and Reprocessing) is a special type of therapy that helps people deal with upsetting memories, feelings, or experiences. This worksheet will help you and your child understand what to expect during an EMDR session, so you feel prepared and comfortable.

EMDR kids workbook

FOR KIDS: WHAT WILL HAPPEN IN EMDR?

• MEETING YOUR THERAPIST

First, you'll meet your therapist. They are someone you can trust and talk to about anything that bothers you.



Tip: It's okay to ask questions or tell them how you're feeling.

• TALKING ABOUT WHAT BOTHERS YOU

Your therapist will ask you about the things that make you feel worried, sad, or scared. You don't have to share everything at once. You can go at your own pace.



Activity: Draw or write down some of the things that have been on your mind lately.

• FINDING YOUR "SAFE PLACE"

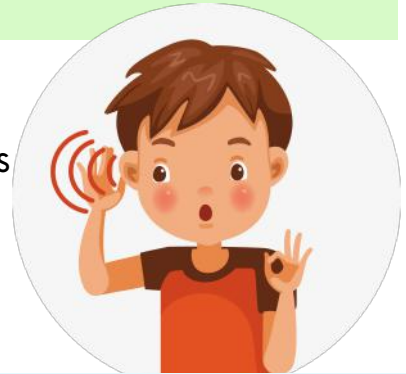
Your therapist will help you create a special place in your mind where you feel calm and safe. This is your "safe place," and you can visit it anytime during the session.

EMDR kids workbook

- **Activity:** Close your eyes and imagine your safe place. Is it a beach, a cozy room, or somewhere else? Draw it here:

• EYE MOVEMENTS (OR TAPS, SOUNDS)

This is where the magic of EMDR happens! The therapist will guide your eyes to follow their fingers or light back and forth. Sometimes, they might use tapping or sounds instead. This helps your brain process the things that are bothering you.



- **Tip:** It might feel a little strange at first, but it's not scary.

• FEELING DIFFERENT DURING EMDR

You might start to feel different emotions maybe sad, angry, or even happy. These feelings are normal and okay. Your therapist is there to help you if it gets too intense.

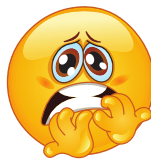
- **Activity:** Circle how you usually feel during tough times:



- **Angry**



- **Sad**



- **Scared**



- **Calm**



- **Happy**

EMDR kids workbook

• TALKING ABOUT WHAT YOU NOTICED

After the eye movements, your therapist will ask you how you feel and what you noticed. You don't have to say much if you don't want to, just share what feels comfortable.



- **Tip:** It's okay to take your time to think before answering.

• TAKING A BREAK IF NEEDED

If things get too overwhelming, you can take a break. You can always visit your "safe place" or just talk to your therapist about something else until you're ready to continue.



- **Activity:** When I feel overwhelmed, I can:

EMDR kids workbook

• FEELING BETTER OVER TIME

EMDR can help you feel better by making the bad memories or feelings less upsetting. It might take a few sessions, but you'll start to notice changes in how you feel!



- **Tip:** Celebrate the small changes! You're doing great.

FOR PARENTS: HOW TO SUPPORT YOUR CHILD DURING EMDR

• BE PRESENT AND ENCOURAGING

- Your presence can provide a sense of security for your child. Before the session, reassure them that they are safe and that the therapist is there to help.



EMDR kids workbook

• ASK ABOUT THE PROCESS

- Feel free to ask the therapist about what to expect before the session begins, especially if your child has specific concerns or fears.



• REINFORCE THEIR PROGRESS

- After each session, talk with your child about how they felt and what they learned. Reinforce any positive changes, no matter how small.



• RECOGNIZE POSSIBLE EMOTIONS

- Understand that your child may feel tired, emotional, or even relieved after a session. This is a normal part of processing tough memories.



• BE PATIENT

- Healing takes time, and every child processes differently. Encourage your child, and let them know it's okay to feel all kinds of emotions as they work through the therapy.

EMDR kids workbook

QUESTIONS YOU CAN ASK YOUR THERAPIST

- How can I best support my child during and after EMDR sessions?
- What should I expect in terms of my child's emotional reactions after therapy?
- Are there any strategies we can use at home to help continue the progress?

TRACKING YOUR PROGRESS

You can keep track of how you feel after each EMDR session. Use the space below to note anything new you noticed about how you felt after your session.

Date:

How I Felt Before the Session:

How I Felt After the Session:

CLOSING THOUGHTS

EMDR is a powerful tool for helping kids process and heal from tough experiences. It's okay to feel nervous, but remember, it's all part of getting better! You're brave for facing these feelings, and your therapist and parents are here to support you every step of the way.

EMDR kids workbook

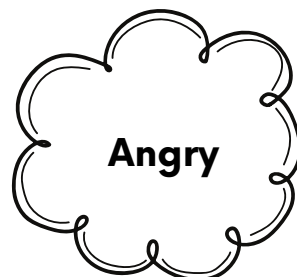
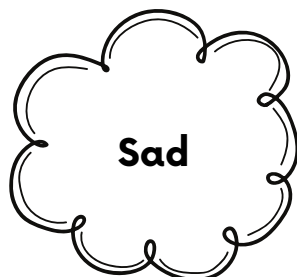
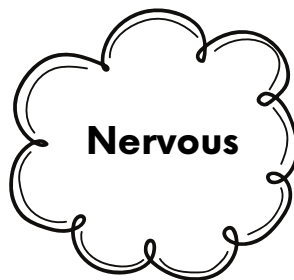
WHAT YOU SHOULD TELL YOUR THERAPIST BEFORE STARTING EMDR

Welcome to EMDR therapy!

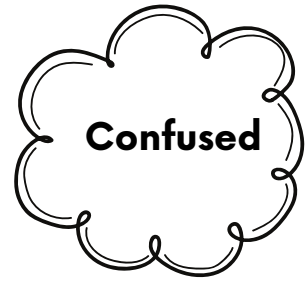
Before we start this journey together, it's important to share information that will help your therapist understand how to support you. This worksheet will guide you through the key things to talk about. Take your time to think about each question, and answer as honestly as you can.

1. HOW ARE YOU FEELING RIGHT NOW?

Color in the words that best describe how you feel today:



EMDR kids workbook



2. WHAT ARE THE MEMORIES THAT BOTHER YOU THE MOST?

Think about the memories that make you feel upset or uncomfortable. You don't have to share everything, just write what you feel ready to talk about

Memory 1: _____

Memory 2: _____

Memory 3: _____

EMDR kids workbook

If you don't want to write it down, that's okay! You can tell your therapist in person when you feel ready.

3. HOW DO YOU FEEL WHEN YOU THINK ABOUT THESE MEMORIES?

Check the feelings you get when you remember something that upsets you:

- | | | | |
|----------------------|--------------------------|-------------------|--------------------------|
| • Nervous or worried | <input type="checkbox"/> | • Sad | <input type="checkbox"/> |
| • Scared | <input type="checkbox"/> | • Confused | <input type="checkbox"/> |
| • Angry | <input type="checkbox"/> | • Something else: | <input type="checkbox"/> |

4. WHERE DO YOU FEEL THESE EMOTIONS IN YOUR BODY?

- | | | | |
|----------------|--------------------------|----------------|--------------------------|
| • Tight chest | <input type="checkbox"/> | • Headache | <input type="checkbox"/> |
| • Stomach ache | <input type="checkbox"/> | • Shaky hands | <input type="checkbox"/> |
| • Sweaty palms | <input type="checkbox"/> | • Racing heart | <input type="checkbox"/> |

EMDR kids workbook

5. ARE THERE THINGS THAT MAKE YOU FEEL SAFE OR CALM?

- Safe places (e.g., my room, grandma's house):

- People who make me feel safe:

- Things I do that calm me down (e.g., hugging a pet, drawing, deep breathing):

EMDR kids workbook

6. WHAT DO YOU HOPE EMDR WILL HELP YOU WITH?

- What would you like to feel or think about differently after EMDR therapy? Write down any goals you have.

• **Goal 1:** _____

• **Goal 2:** _____

• **Goal 3:** _____

7. IS THERE ANYTHING ELSE YOU WANT YOUR THERAPIST TO KNOW?

- You might have other things you want to share about how you've been feeling or things that worry you. Use this space to write anything else you think is important.

EMDR kids workbook

"MY SAFE PLACE" (CREATE A MENTAL SAFE SPACE)

What is a Safe Place?

A safe place is somewhere you can go in your mind when you feel worried, scared, or upset. It's a space where you feel calm, happy, and protected. Your safe place can be real or imaginary it's up to you! This place will help you feel better when you think about it

STEP 1: IMAGINE YOUR SAFE PLACE

Take a moment to close your eyes and think of a place that makes you feel very safe and calm. This place can be somewhere you've been before, like your home or a favorite park. It can also be a place from your imagination, like a cozy treehouse or a sunny beach.

What does your safe place look like?

Think about:

- **The colors you see**
- **The objects around you**
- **The sky, the ground, the buildings, or nature**



EMDR kids workbook

Describe what you see

STEP 2: SOUNDS AND SMELLS

Now, think about the sounds and smells in your safe place. These can help make the place feel even more real.



- **What sounds do you hear? (e.g., birds, waves, soft music)**

- **What do you smell? (e.g., flowers, fresh air, cookies?)**

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STEP 3: WHO OR WHAT IS THERE?

Sometimes, having people or things we care about in our safe place helps us feel even more comfortable. Maybe you want to include a favorite pet, a family member, or a friendly animal.



- **Who or what is in your safe place with you?**

- **Are they doing something that makes you feel safe or happy?**

EMDR kids workbook

STEP 4: HOW YOU FEEL IN YOUR SAFE PLACE

When you are in your safe place, you should feel calm and relaxed. Let's think about those good feelings.

- **What feelings do you have when you're in your safe place?**
- **(Examples: peaceful, safe, happy, relaxed)**

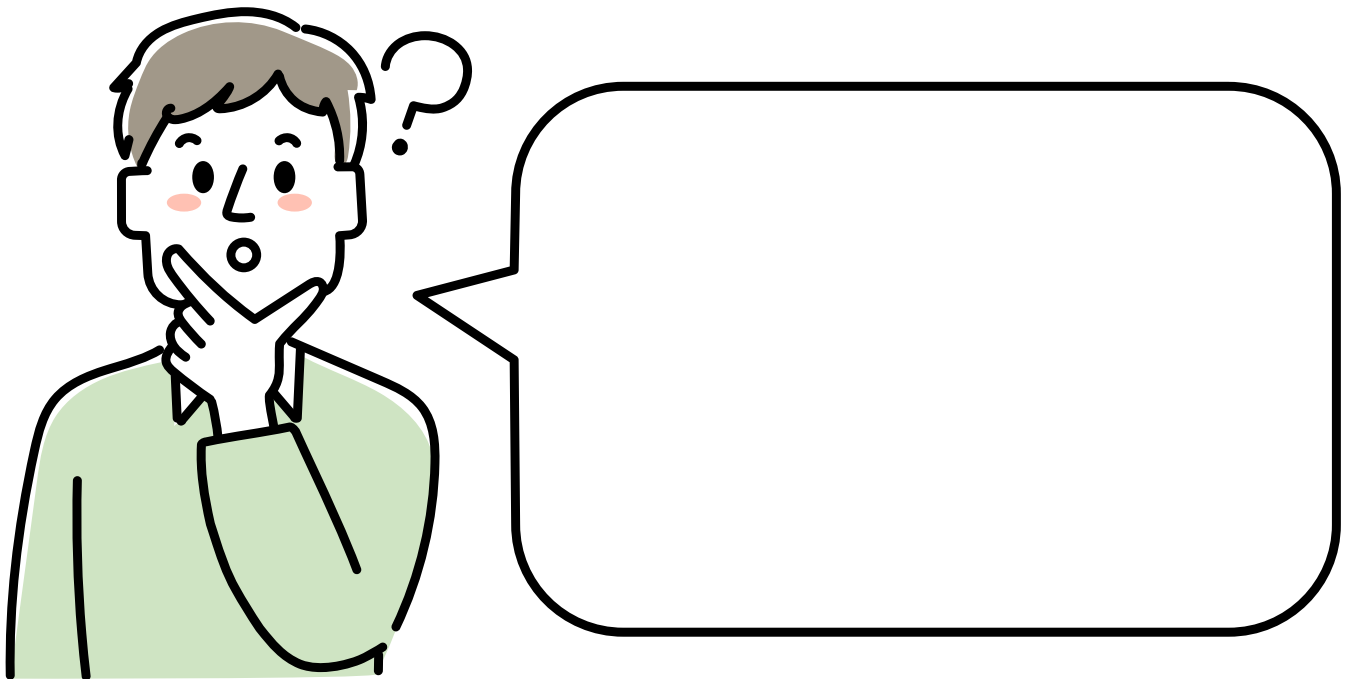


- **Are they doing something that makes you feel safe or happy?**

EMDR kids workbook

STEP 5: DRAW YOUR SAFE PLACE!

Use the space below to draw what your safe place looks like. You can include all the details you've imagined—colors, sounds, people, animals, or anything else that makes your safe place special.



(Provide an open box or space for drawing)

EMDR kids workbook

STEP 6: PRACTICE GOING TO YOUR SAFE PLACE

Whenever you feel stressed, worried, or upset, close your eyes and imagine being in your safe place. Practice thinking about it often, so it becomes easier to go there when you need it.

- **How does going to your safe place make you feel?**

REMEMBER:

Your safe place is always with you. You can visit it anytime you want to feel calm, safe, or happy

EXTRA ACTIVITY (OPTIONAL):

- Share your safe place with someone you trust. Explain what it looks like and how it makes you feel!

EMDR kids workbook

EMDR KIDS FLASHCARDS

EMDR FLASHCARDS FOR KIDS

- Flashcards can be an engaging and effective way to introduce children to the key concepts of EMDR (Eye Movement Desensitization and Reprocessing). These flashcards should be simple, visually appealing, and informative, making it easier for kids to absorb the ideas at their own pace.

WHAT IS EMDR?



Explanation of what EMDR is in simple terms.

HOW EMDR HELPS



How EMDR can help with feelings like sadness, worry, or fear.

EMDR kids workbook

THE BRAIN'S JOB



Simple explanation of how the brain works to keep us safe.

BIG FEELINGS



What big feelings are and why they sometimes feel overwhelming.

WHAT ARE MEMORIES?



Explaining memories and how we remember good and bad things.

WHY DO WE FEEL UPSET?



How upsetting memories can make us feel bad even today.

EMDR kids workbook

THE SAFE PLACE



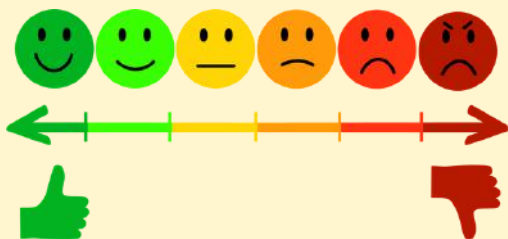
Introducing the "Safe Place" tool for feeling calm during EMDR.

WHAT IS BILATERAL STIMULATION?



Introducing eye movements, taps, or sounds used in EMDR.

FEELINGS SCALE



Using a scale (e.g., 1 to 10) to measure feelings.

TRACKING THE BUTTERFLY



Explaining the eye movement part of EMDR with fun visuals like a butterfly.

EMDR kids workbook

MY EMDR JOURNEY



Letting kids know EMDR is like going on a journey to feel better.

WHY DO WE TAP?



What tapping does to help the brain process memories.

THE MEMORY BOX



Imagining a memory box where we can put away upsetting memories after processing.

MY FEELINGS DURING EMDR



Explaining that it's okay to feel all sorts of feelings during EMDR.

EMDR kids workbook

CALM PLACE REMINDER



Reinforcing the idea of returning to the calm place if things feel too hard.

WHAT HAPPENS AFTER EMDR?



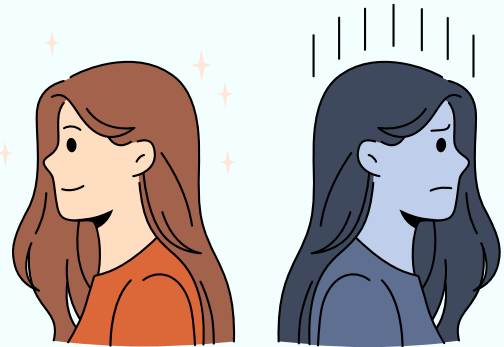
What kids might feel after a session (e.g., tired, calm, etc.).

POSITIVE THOUGHTS



Creating positive thoughts to replace the upsetting ones.

THE BRAIN'S FILE CABINET



Explaining the brain's filing system for memories, good and bad.

EMDR kids workbook

WHAT IS TRAUMA?



A simple, child-friendly explanation of trauma.

YOUR EMDR TEAM



Introducing the idea of the therapist and the child working together like a team.

WHAT IS EMDR?



Explanation of what EMDR is in simple terms.

HOW EMDR HELPS



How EMDR can help with feelings like sadness, worry, or fear.

EMDR kids workbook

IT'S OKAY TO FEEL SCARED



Letting kids know it's normal to feel nervous about EMDR.

BUILDING STRENGTH



How EMDR helps you grow stronger from the inside out.

WHAT HAPPENS WHEN WE'RE UPSET?



How the brain reacts when we feel upset or in danger.

BILATERAL SOUNDS



What the "beeps" (or sounds) are and how they help in EMDR.

EMDR kids workbook

WHAT IS REPROCESSING?



Explaining what reprocessing means and how it helps memories feel smaller.

WHAT IS A TARGET MEMORY?



Explaining what a target memory is and why we focus on it in EMDR.

FEELING BETTER IS POSSIBLE



Helping kids understand that feeling better after EMDR is a real goal.

BODY FEELINGS



Teaching kids to pay attention to how their body feels during EMDR.