

My first visit to a Psychologist

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Welcome



Kids have lots of different feelings

Sometimes I feel....

 SCARED	 HAPPY	 SAD
 ANGRY	 EXCITED	 WORRIED
 SURPRISED	 SILLY	 FRUSTRATED

I am a psychologist

This means I can help you with your feelings



**I love my job because I get to play
with lots of different children**



**I really care about children and want to
help them feel happy and safe.**

You will visit a place called Eloff And Andrews Clinical Psychology



Your parent or guardian will come with you and sit in the waiting room.



I will then introduce myself and take you into my office.

Types of things we might do together:



Sandplay



Drawing or colouring



Whiteboard



Puppets



Talking



Game

You can choose.....

talk about happy things

ask a question

play a game

tell you about my friends

talk about my worries

do art

talk about something I need

read a book

Free choice

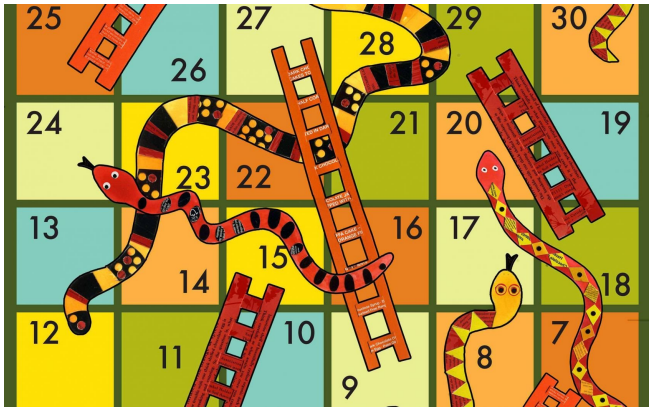
Get to know each other

talk about going back to school

Other?

talk about sad things

What kind of games do you like to play?



I also have lots of games for us to play together.



When we finish you will go back to the waiting room before you leave.

**I'm looking forward to getting to know you
and playing some games together.**

