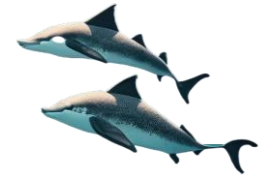


# THE THREE ISLANDS ACTIVITY GUIDANCE



The Three Islands is a fun and interactive direct work activity for social workers and practitioners to engage children in exploring their preferences, views, wishes and concerns. This activity enables professionals to understand what children like, dislike, and worry about.

Before the activity, ensure you have all needed drawing supplies like paper and coloured pencils, and set up a relaxed and welcoming space to make children feel at ease.

During the activity, clearly explain the instructions, ask open-ended questions to encourage sharing, and maintain a non-judgmental attitude to create a safe space for expression. Prompted the child to draw three islands and populate them with people, animals, objects, and activities based on specific instructions:

- **The Island of Always:** on this island, draw yourself and anything or anyone else you always want with you. This island is a special place filled with things and people that make you feel happy, safe, and loved.
- **The Island of Sometimes:** on this island, draw things and people you like having around, but only sometimes. This island is for things and people that you enjoy but do not need all the time.
- **The Island of Far Away:** on this island, draw things or people you wish to keep far away from you. This island is for anything or anyone you never want to see or want to avoid.

After the activity, discuss the drawings with the child to understand their feelings, make immediate notes of key observations, and plan any follow-up actions based on the child's input.

[www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)

Edita Stiborova (2023)

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The Island of Far Away



The Island of Sometimes



The Island of Always



## THE ISLAND OF ALWAYS

on this island, draw yourself and anything  
or anyone else you always want with you.

This island is a special place filled  
with things and people that make you feel  
happy, safe, and loved.



## THE ISLAND OF SOMETIMES

on this island, draw things and people you like having around, but only sometimes. This island is for things and people that you enjoy but do not need all the time.



## THE ISLAND OF FAR AWAY

on this island, draw things or people you wish to keep far away from you.  
This island is for anything or anyone you never want to see or want to avoid.

