

## The Three Houses Assessment Tool

This tool helps together information and capture a child's thoughts about -

- What are you worried about?
- What's going well?
- What needs to happen?

The Tool can be used with the child on its own or with the child and the family, the aim is to gather the child's voice and so be as creative and flexible as possible.

Ways to introduce the idea –

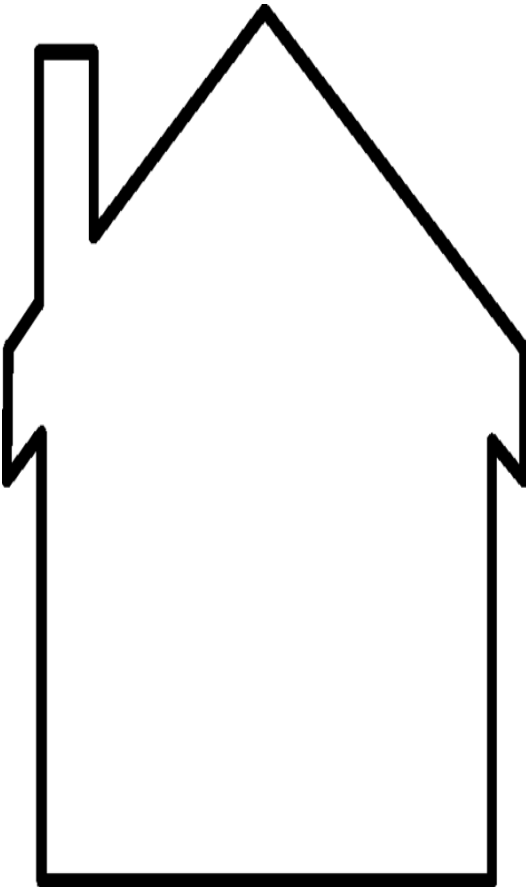
- *“in the first house we will write your worries, so that's the house of worries, the second we'll put in the things you like in your life, that's the house of good things and then we will have a house of dreams where we can write and draw how you would like things to be in your life if all your worries were solved”*

- Ask children which house they would like to start with
- Focusing on good things is easier and may help the child settle into the activity
- You can share the task of writing the story with the child, or you can write whilst the child draws
- If the child struggles you can help with questions like –  
*tell me about school, a friend, what mummy is good at?*
- It may be difficult to identify a worry and a child may state they do not like it when.....
- You can help reframe this by repeating back –  
*It sounds to me that you might be worried when/ about..... shall we put it in the house of worries?*

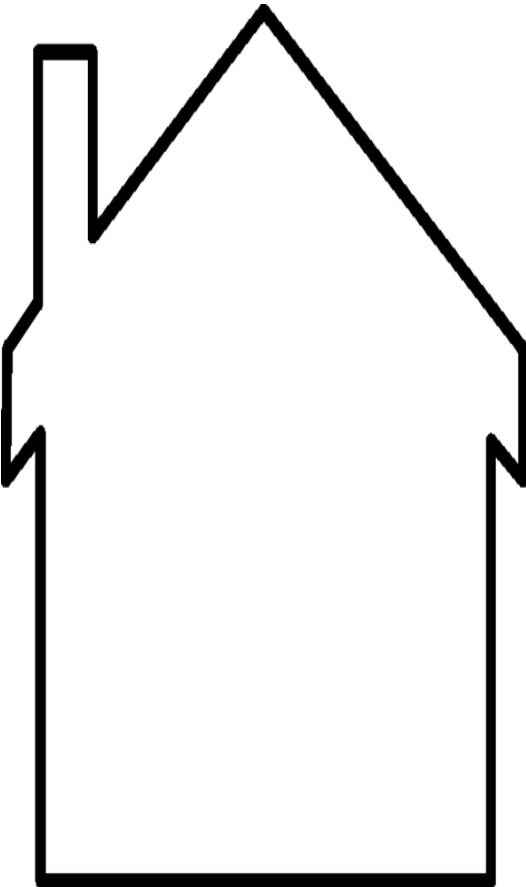
This exercise should not be rushed.

If the exercise is completed by just you and the child, you will need to discuss who else can see it, as it is important other people know in order to help.

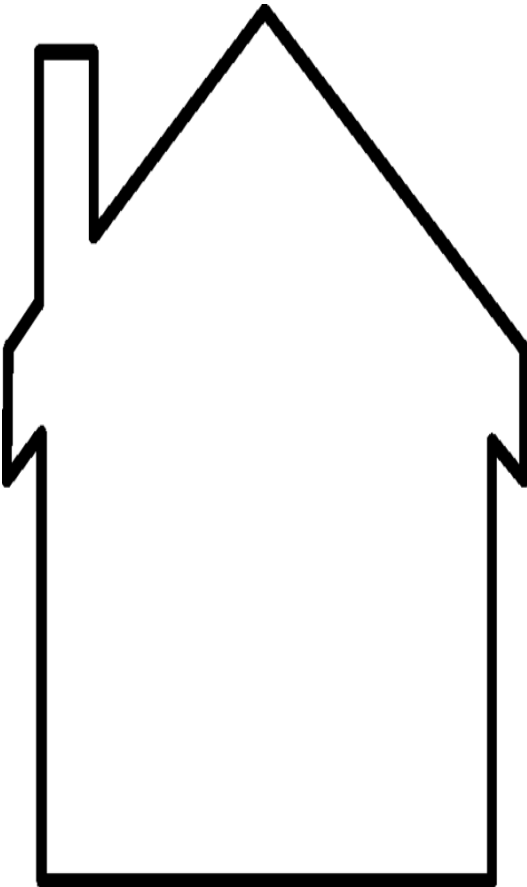
3 houses.



HOUSE OF WORRIES



HOUSE OF GOOD THINGS



HOUSE OF DREAMS