

# YOUR CHILD'S DEVELOPMENTAL BUCKETS EXERCISE



Pathways to  
Permanence 2

Parenting  
Children  
Who Have  
Experienced  
Trauma  
AND LOSS

Session 3

Childhood  
Development

Exercises

**Purpose:** To assist caregivers in realizing the healing power in the everyday activities they are engaged in with their children.

**Time:** 20 minutes for entire exercise

1. Divide the participants into 5 groups. Note: if class is less than 10 participants, conduct the exercise as one large group.
2. Assign each group one of the 5 Developmental Buckets. Participants can use their Developmental Buckets Exercise Worksheet as a guide.
3. Instruct the groups to brainstorm the everyday activities that fill the particular bucket their group is working with. For example, the group that is working with the Physiological Bucket (red bucket) will brainstorm everyday activities that fill their children's Physiological Bucket; the group that is working with the Emotional Bucket will brainstorm everyday activities that fill their children's Emotional Bucket, and so on.
4. Instruct the groups to come up with examples for children of at least two different developmental stages as they are brainstorming. For example, the group that is working with the Physiological (red) Bucket might come up with examples of everyday activities that fill the red bucket for children in the 0 to 18 months stage and then children in the 3 to 6 years age stage. The group working with the Cognitive Bucket might come up with examples of everyday activities that fill that bucket for children who are in the 18 months to 3 years stage, and then the 10 to 18 years stage, and so on.

To assist with this part of the exercise, write the age ranges/developmental stages on the flip chart or whiteboard for participants to use as a guide. The age range and stages are:

- 0 to 18 months - Sense of trust
- 18 months to 3 years - Sense of autonomy
- 3 to 6 years - Sense of initiative
- 6 to 10 years - Sense of industry
- 10 to 18 years - Sense of identity

The brainstorming of examples should take 10 minutes.

5. Have each of the groups present to the class their examples of activities and experiences that fill each of the developmental buckets. Write several of the examples on the flip chart/whiteboard. Participants can fill in their Developmental Buckets Exercise Worksheet with some examples for each bucket.

The report back should take 10 minutes total, for all five groups.