



Activity 2

House of Beliefs

Objective:

- Recognize personal strengths, ways of coping, support systems, and values through this mindfulness activity.

Steps:

1. Pass out the *House of Beliefs* Worksheet and writing utensils to each participant.
2. Explain, “*This is your house. There is no right or wrong way to make it. You can use the worksheet or draw your own four-story house. Be sure to include the chimney, welcome sign, and door.*”
3. Ask participants to follow the instructions on the instruction page and add words, symbols, and pictures that describe the different parts of their life.



TRAUMA/TRAUMA-INFORMED CARE ACTIVITIES

HANDOUT for Activity 2

On What Beliefs is Your House Built?

