

Story for trauma questionnaire: Grade R – 3

Before the third session in the BAP Method

Name of the child:

Group/individual:

Sex:

Name of the therapist:

Age/grade:

Date/term:

Assignment: The child got any art materials for drawing and is allowed to scribble during the story time. The therapist tells the story about the little cheetah boy Khaya and asks the child the matching questions:

Once upon a time there was a little cheetah. His name was Khaya. Khaya lived together with his mum and his four siblings. He had two brothers and two sisters.... (1. Who do you live with at home?)

The cheetah family lived in high grasslands, but it was not safe. Especially when mama cheetah had to leave her children behind when she needed to hunt, the children were scared. Khaya felt afraid when his mum was not at home.... (2. When do you feel afraid, how often is that?)

But when mama cheetah was at home, Khaya felt happy. Often the cheetah family played games together, but Khaya also had tasks to do at home. Khaya's favorite task was sweeping the floor.... (3. How do you feel at home?). (4. Do you have special tasks at home?)

When the cheetah family finished their supper, Khaya and his siblings had to go to bed. Khaya shared his bed with his two brothers. His two sisters shared a bed with mama cheetah.... (5. At what time are you going to bed?). (6. Do you share your room?)

Sometimes, Khaya woke up in the middle of the night, because he had a bad dream. You can also call a bad Dream a nightmare.... (7. Do you have nightmares? How often is that? Can you tell me where the nightmare is about?)

Sometimes Khaya's nightmare was so scary, that he would pee in his bed. Khaya felt guilty afterwards. When Khaya calmed down and said to himself "It was an only a bad dream, it was not real", he could sleep again.... (8. Do you pee in your bed? When do you pee in bed?)

The next morning, Khaya's two brothers were making fun of Khaya because he peed in bed last night. Khaya didn't like that his brothers were making fun of him. He felt angry, he was growling at them.... (9. When do you feel angry?)

Mama cheetah saw that Khaya felt angry and took him apart. "Khaya why are you feeling so angry?" asked his mum. "Because my brothers are making fun of me" replied Khaya. "Why are your brothers making fun of you? Would you like to tell me what happened?" Khaya could like to tell his mum the whole situation because he knew that he could trust his mum.... (10. Who do you trust?)

Khaya told his mum that he had a nightmare last night and because he was so afraid, he had wet the bed. Mama cheetah was happy that Khaya told her everything.

"Do you have worries Khaya?" "Yes" said Khaya, "I am worried if you go hunting, you will get hurt" ... (11. Do you have worries? Where are you worried about?)

Mama cheetah gave Khaya a kiss and said "Please my little boy, you don't have to worry about me. I will make sure that I come home every day".

Mama cheetah called the brothers of Khaya and told them that they had to apologize to Khaya. She explained to the brothers that it's not okay make fun of somebody who has nightmares. The brothers apologized to Khaya and asked him if he wanted to play hide and seek. Khaya felt happy again and had a lovely time with playing with his brothers.