

My Three Houses™



Practice:

My Three Houses™: This is an assessment tool that gives the child a picture of the outlines of three houses. In the first house, the “House of Worries,” the child writes, draws or dictates what they are worried about. In the second house, the “House of Good Things,” the child writes, draws or dictates what is currently going well in their life. In the third house, the “House of Dreams,” the child writes, draws or dictates what they dream or desire for the future. It is important that the child’s exact words are written in each house.

Fairy/Wizard Tool: Pioneered by Varia Da Paz, the Fairy/Wizard tool asks the same three questions as the My Three Houses™ tool, but uses the outline of a fairy or a wizard for children to fill in. Da Paz uses the fairy or wizard’s clothes for the “Worries,” pointing out that clothes can/should be changed, as worries can also. The fairy’s wings or the wizard’s cape become the “Good Things” in the child’s life, representing powerful magical abilities (fairies can fly away, wizard capes can become invisible, etc.). Finally, on the star of the fairy’s wand and the spell bubble on the end of the wizard’s wand, the child notes their wishes and visions of the future. This is an apt metaphor since wands represent dreams magically coming true and explore hope for the future.

Sample Questions to Ask When Completing Signs of Safety™ Tools:

- What is good in your life right now?
- What are you worried about?
- What would you like most in the world to do?
- What would you like your life to look like in six months? In a year? Five years?
- What are your hopes for the future?

Outcomes: These tools assist the CFE team by:

- Assessing and providing insight into children’s needs.
- Providing a safe way for children to share their worries, good things and dreams with those they care about, if they so desire.
- Fulfilling CFE goal of elevating the youth’s voice.