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## Creative Interventions and Activities Clearinghouse

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# Building Strengths and Support Systems: Using Blocks for Confidence Building

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**Purpose:**

The purpose of this creative intervention is to emphasize the importance of support systems, and bring awareness to strengths in order to increase levels of confidence.

**Materials Needed:**

Building blocks of the same size; paper cut to the size of the building blocks; writing utensils: different color pens/markers to differentiate categories/ideas; tape

**Procedures:**

Introduce the activity to the client and explain that the client will be creating a structure with the blocks. The client writes down words or phrases on the piece of paper that they believe are good qualities within themselves, strengths, or support systems. The client discusses the reasoning behind each word or phrase and attaches it to the block. The counselor directs the client to create a structure with these words/phrases

**Process Questions and Follow-Up:**

Have the client name the structure and discuss the strength of the structure that was created. Discuss ways to increase the durability of the structure. The counselor relates the structure and individual words/phrases to the client.

**Practice Setting:**

Rehabilitation