

# Story Scripts

## Teletherapy

We've put together some story scripts to help parents explain Teletherapy appointments to their child or teen.

### Teletherapy Script #1 (Elementary Age)

Once upon a time, there was a little girl named Lily who loved playing with her toys and seeing her friends at school. But one day, she started feeling very sad and didn't feel like playing anymore. Her parents noticed how sad Lily was, so they talked to a special kind of counselor who said she could help Lily feel better.

Lily's parents told her that she would be meeting with Ms. Sarah on the computer at home. She learned this was called Teletherapy, and it was a way for Lily to talk to Ms. Sarah even if they couldn't be in the same room. The day came for Lily to meet her new counselor through the computer. She was very nice. Ms. Sarah would ask Lily how she was feeling and what was bothering her. Lily could tell Ms. Sarah about anything that was on her mind, like if she was feeling scared or worried about something. Ms. Sarah would listen carefully and then help Lily come up with ways to feel better.

Sometimes, Ms. Sarah would show Lily pictures or games on the computer to help her understand her feelings better. They would play fun games together, like drawing or telling stories. Lily really liked talking to Ms. Sarah and always felt better after their time together.

Lily learned that it was okay to talk to someone when she was feeling sad or worried, and that it was important to take care of her feelings just like she took care of her body. Even though she couldn't meet Ms. Sarah in person, Teletherapy was a really helpful way for Lily to feel better and get the help she needed.

After a few weeks, Lily went back to playing with her toys and her friends, and began to feel much happier after spending time with Ms. Sarah. The end.



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### Teletherapy Script #2 (Elementary Age)

Once upon a time, there was a little girl named Lily. Lily loved to play outside and make new friends, but she had a lot of worries about different things. She worried about her friends, and she worried about her grades. Sometimes it was hard to sleep because of all her worries. One day, Lily's mom and dad told her that she was going to meet a counselor to talk about her feelings.

Lily wasn't sure what a counselor was, but her parents explained that it was someone who could help her feel better when she was worried. They also told her that she would be seeing the counselor through Teletherapy, which meant she would talk to the counselor on the computer.

At first, Lily was a little nervous about talking to someone on the computer, but her parents showed her how it worked and told her it was like having a video call with her grandparents.

When it was time for Lily's first Teletherapy appointment, she felt a little scared, and her worries started again. But as soon as she saw the counselor's friendly face on the screen, she felt much better. They talked about how she was feeling and why, and the counselor helped her think of ways to feel less worried. They played fun games and she got to draw pictures. Sometimes her counselor told her stories.

Lily loved her Teletherapy sessions and looked forward to talking to her counselor every week. She even learned some new ways to calm her brain when she felt worried, like taking deep breaths or thinking of happy memories.

After a few months of Teletherapy, Lily felt much better and she didn't worry as much. She realized that talking to someone who understood her feelings could make a big difference in how she felt. And even though she couldn't see the counselor in person, Teletherapy was still a great way to get the help she needed. The end.



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### Teletherapy Script #3 (Elementary Age)



Once upon a time, there was a boy named Max who loved to play soccer with his friends. But one day, he fell and hurt his leg badly. Max's parents took him to the doctor. The doctor told him that he broke his leg and put a cast on his leg. His doctor said that he would need to wear a cast and rest for a few weeks until his leg healed.

Max was sad because he couldn't play soccer or run around with his friends. He also felt worried about going back to playing soccer after his leg healed, because he didn't want to fall again and get hurt. Max's parents noticed that he seemed sad and worried a lot and decided he should talk to a counselor. They explained that a counselor is someone who can help him feel better and give him tips on how to feel less sad and worried.

Max had never heard of a counselor before, but he was willing to try it out. His parents arranged for him to have Teletherapy sessions with a counselor over the computer. At first, Max was a little shy about talking to the counselor on the computer. But as they got to know each other, he started to feel more comfortable. The counselor listened to Max's worries about his leg and gave him some tips on how to feel less worried about playing soccer again. They even played a game where they drew pictures of soccer players with casts on their legs, which made Max feel less alone.

After a few weeks of Teletherapy sessions, Max felt much better. He still couldn't play soccer yet, but he felt less worried about it. He also learned some new ways to cope with worry, like taking deep breaths or talking to his parents. Max was happy that he had tried Teletherapy and talked to a counselor. He realized that it's okay to feel sad or worried sometimes, and that talking to someone who understands can help him feel better. The end.

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## Teletherapy Script #4 (Tween)



Ava started feeling overwhelmed by school. She was having a hard time keeping up with her schoolwork and playing on the volleyball team. She was feeling stressed and anxious a lot of the time.

Ava's parents noticed that she seemed worried and recommended that she talk to a counselor. They explained that a counselor is someone who can help her feel better and give her tips on how to cope with stress.

Ava had heard of counselors before but wasn't sure how they could help her. Her parents arranged for her to have Teletherapy sessions with a counselor over the computer.

At first, Ava was nervous about talking to the counselor on the computer. But as they started talking, she realized that the counselor was really easy to talk to. The counselor asked her questions about what was going on in her life and how she was feeling.

Ava talked to the counselor about how stressed and overwhelmed she was feeling. The counselor listened and gave her some tips on how to manage her stress, like setting small goals for herself and taking breaks when she needed them. They even did some exercises together, like deep breathing and visualization.

After a few months of teletherapy sessions, Ava felt much better. She was able to manage her stress better and was feeling more confident about school. She also learned some new coping strategies that she could use when she was feeling overwhelmed.

Ava was grateful that she had tried Teletherapy and talked to a counselor. She realized that it's okay to ask for help when she needs it and that there are people who can help her feel better.



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### Teletherapy Script #5 (Tween)



Ethan was having trouble adjusting to a new school. He had recently moved to a new city with his family and was feeling lonely and homesick. Ethan missed his old friends and was having a hard time making new ones.

Ethan's parents noticed that he seemed unhappy and recommended that he talk to a counselor. They explained that a counselor is someone who can help him adjust to the changes in his life and give him tips on how to make new friends.

Ethan had never talked to a counselor before but was willing to give it a try. His parents arranged for him to have Teletherapy sessions with a counselor over the computer. At first, Ethan was a little nervous about talking to the counselor on the computer. But as they started talking, he realized that the counselor was really friendly and easy to talk to. The counselor asked him about his interests and hobbies and gave him some tips on how to make friends with kids who had similar interests.

Ethan talked to the counselor about his feelings of loneliness and homesickness. The counselor listened and gave him some tips on how to cope with those feelings, like keeping in touch with his old friends through phone calls and video chats.

After a few months of Teletherapy sessions, Ethan was feeling much better. He had made a few new friends at school and was feeling more comfortable in his new city. He also learned some new strategies for making friends and coping with homesickness.

Ethan was grateful that he had tried Teletherapy and talked to a counselor. He realized that it's okay to feel sad or lonely sometimes, and that talking to someone who understands can help him feel better. He was also glad that he had learned some new strategies for making friends and coping with change, which he could use throughout his life.