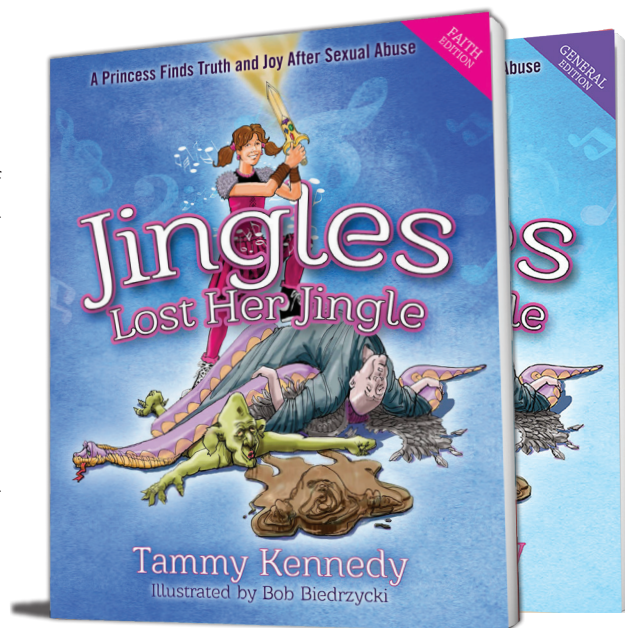


How to use the *Jingles Lost Her Jingle* Program

Jingles Lost Her Jingle begins with a typical example of sexual abuse and illustrates the lies an abuser uses to manipulate his/her victims. After reading the story with the child, you will begin work in the Lie Monster chapters. Each of the four Lie Monsters: Shamer, Guiltzar, Ickylamar, and Confusia, has a colored jewel, which represents their power to cause the King's children to believe lies. With Princess Gracie's guidance, you will review the story together, search for clues, and uncover the lies Jingles believes. With the Sword of Truth, Jingles destroys each Lie Monster and finds her jingle (joy) once again.



Faith, General, and Spanish editions are available.

Read the book thoroughly yourself to become familiar with each chapter. There are many ways to use the book depending on how many sessions you have and the age, ability, and needs of your client. Here are a few:

PRINCESS JOURNEY METHOD

First, show her the book and introduce the items.

- **Puppets** - Explain that, together, you will be using puppets to fight Lie Monsters. Helping her battle the lies she currently believes is the most powerful tool you can provide. While reading each Lie Monster chapter, discuss the lies Jingles believes. Have her hold the corresponding puppet and report what lies she believes in her sweet little heart. Next, you hold the puppet and help her fight back by finding and boldly stating the truth.
- **Charm Bracelet** - Show her the special bracelet she will later take home as a reward and reminder of victory after battle.
- **Colored Bookmarks** - Allow her to pick one. Explain that you work with other princess warriors who have been hurt. They too are working hard to fight the Lie Monsters. This allows her to know she is not alone. For the purpose of confidentiality, have her pick out a special warrior name to place on the bookmark. There is a fun activity provided in the Ickylamar workbook that can be used to create her warrior avatar. After each session, when the child has battled a Lie Monster, place a star sticker in the corresponding area as reinforcement.

PRINCESS JOURNEY METHOD

- **Colored Stones** - At the point you feel she has completed a Lie Monster chapter, place the victory date in the designated area on the bookmark. This is the special day when you will attach the matching colored stone to her charm bracelet. You will celebrate with her each victory and reinforce the knowledge that she has the power to use the truth to defeat the lies that come to her mind.
- **Sword of Truth** - As she works to defeat each Lie Monster, allow her to place the colored stones on the Sword of Truth. (If you didn't get our sword, buy one at Party City. Use Velcro to attach the jewels found easily at Hobby Lobby or Michaels).

The above method takes time and some children are not suitable for various reasons. Below are some other methods used by therapists.

Abuse Storybook - By simply going over the initial story together, your client will gain the knowledge that others have been hurt in a similar way and experience many of the same emotions. Jingles is a happy child until she is molested on a playdate. You will notice the music notes surrounding her change when the abuse begins.

Picture book - For very young children, or those with a short attention span, many therapists have found the illustrations to be a very powerful tool. For easy transitioning, place a colored tab on each of the illustrated pages.

Topical book – Some therapists have reported that they focus only on the chapter that reflects the lie their client is struggling with; especially if they know the client has a limited number of sessions. For example, chapter 5 addresses the fact that sometimes bodies will be stimulated during the abuse and this is a natural response.

Media for Art & Play Therapy – Play therapists have found the illustrations in the book to be a useful stimulus to help the child process emotion through art and play.

Puppet Role Play – In the story, there are Lie Monsters who try to steal Jingles' happiness by making statements to cause painful emotions, such as shame and guilt. By using the Lie Monster puppets from the story, you can help your client process her thoughts and feelings and practice fighting the lies she believes.

Ickylamar workbook - A creative resource to aid in the healing process. You are welcome to reproduce the activities for your own use.