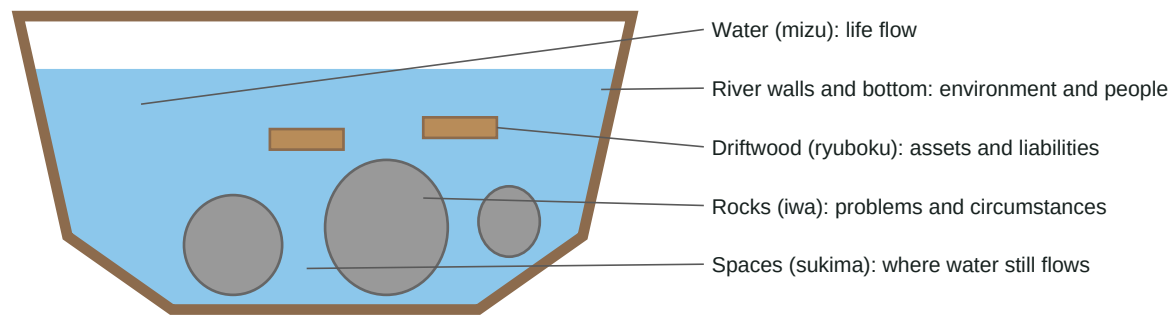


Kawa Model River Worksheet

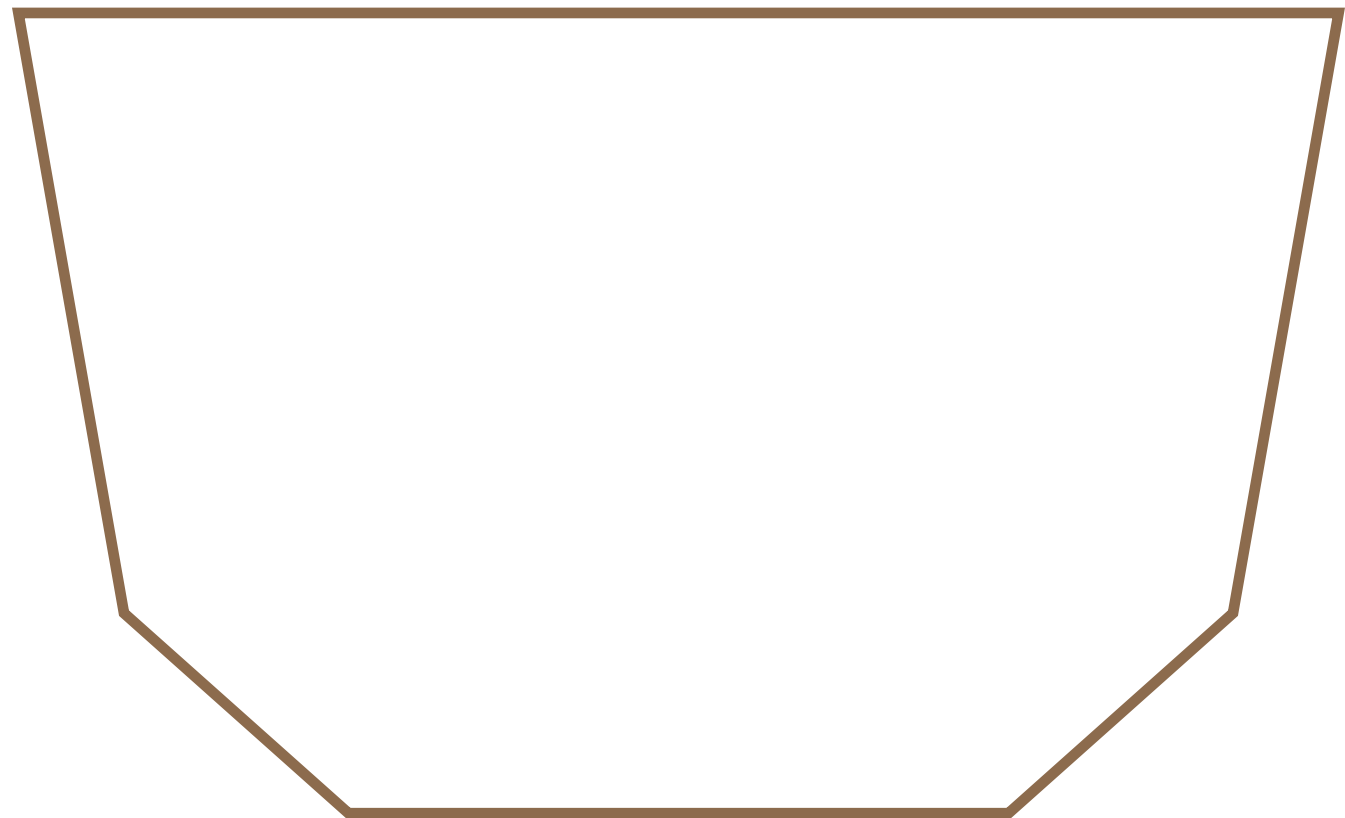
Draw a cross-section of your river today. The riverbed and walls are your environment and the people around you; rocks are problems; driftwood is your strengths and challenges; spaces are where life still flows. There are no wrong drawings.



Example river: wide spaces mean life is flowing well; narrow walls and big rocks mean it feels stuck. Driftwood can help or block the flow.

My river today

Date: _____



Add: **rocks** (what is blocking me), **driftwood** (my values, skills, personality, resources), **river walls and bottom** (people, home, work, community), and shade the **spaces** where water still flows.

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Reflecting on my river

Use these questions on your own or with your occupational therapist.

1. What is my river like right now? Full, slow, blocked?

2. What are the rocks (problems) in my life at the moment?

3. What is my driftwood? Which pieces help, and which get in the way?

4. Who and what make up the sides and bottom of my river?

5. Where is the water still flowing? What is going well?

6. What would widen the spaces and help my life flow more?

My goals to widen the spaces

Goal	First step	Who can help

Kawa model developed by Michael Iwama (2006). Learn more: occupationaltherapyot.com/kawa-model/

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