**The Invisible String**

A few weeks back we looked at the book The Invisible String. The premise of the book is that an invisible string connects us all. Even though it is invisible, you can feel it with your heart. Everyone has an invisible string, and it can reach anyone, anywhere, even heaven. The book's message is that no one is ever alone, even when their loved one is not physically present.

**Coming back to school…**

I know! We have not even broken up from school yet and I am talking about coming back. This activity will be a good one to do when reflecting on your memories of the six-week holidays and before. Many of you will be familiar with this game.

The Invisible String Charade Game

**What you will need:**

* Paper
* Pencil – to keep score

**Directions**

* This can be played individually or in small groups. Depending on how many of you there are at home.
* Create a list of places or people your string can reach. These can be places you have visited and people you feel connected to.
* You pick a person or place from your list. Then you can either act it out using no words, or use words to describe it without saying the actual word. For example, if the place was School, you could say *teachers, students, playtime, lessons.*
* The rest of the team can all out their guesses.
* If working in a team, the team who guessed correctly get a point and the next team will act out their place or person. If working as individuals each one you guess correctly, you receive a point and take in turns to go.

**Extra**

As an added bonus to this game, you could get creative before playing and make a prize for the winning person/team.

You could make a heart necklace/bracelet with string and paper. You could create an image together.

**Goals**

Support family bonding and build more rapport.

Create closure for the end of a period together.

For some children being in lockdown caused an increase in separation anxiety. Some children found it difficult to return to school or leave their parents/carers. Some still do. We want to help children recognise that they are not only safe in school but also supported by everyone at Hill View.

During an activity in school we looked at all the people, things and places we are connected to.

This is a lovely activity to do as a family for both children and adults in the family.

**Everyone and Everything is Worthy of a String**

In the book, when Liza wants to make sure she has a connection to her cat and her best friend her mum assures her that she does. Sometimes are stings reach to people, places and things we love such as blankets or toys. There are no limits to the connections our strings can make.

**What you need;**

Any type of paper

* String
* Crayons, felt tip pens, stickers or other crafty bits
* Glue

**Directions**

* There are two ways of completing this activity. You can;
* Write or draw everyone and everything you string reaches.
* You can draw or collage pictures that represent each thing

**Or**

* You can do the above on smaller pieces of paper, attach them to a string, and see how far your families’ string reaches to.
* You can explore if you have the same things or people. Your string might cross!

**Goals**

* Being able to see all your connections.
* Reinforces that we are not alone and we are always connected by something.
* Increase resilience

This can be a lovely family activity for parents to share their feedback too…

**Finding People worthy of Our Strings**

In the book, the characters identify all of the people they feel connected to by their Invisible String. Sometimes this is easy and sometimes it is difficult. For string to stay strong, it is essential to find people who are safe and caring.

**What you need:**

* Paper of any sort.
* Paints, pens, chalk etc. – whatever you prefer
* Glue

**Directions**

* Write a list of names, collage pictures, or draw pictures of people your string is connected to.
* Make a list of qualities that make them worthy of your string.

**Think about and discuss**

* What is the one thing on your picture that is most important.
* Is there anyone on your list that has many good qualities?
* What are they?
* What makes a person a ‘good’ person?

**Goals**

To explore safety and help identify what qualities others share that help us feel safe and secure.

Increase resilience and identity development by exploring personal choices about safety.