

ACTIVITY 1

OUR IMPORTANT PEOPLE

This activity encourages pupils to consider who they are connected to, and how they feel about these people.

NB: Be particularly aware of care-experienced pupils, adopted pupils and those in kinship care during this activity, and pupils who may have limited contact with parents or other family members.

- Read the book 'The Invisible String' by Patrice Karst (or a book with a similar theme).
- Discuss with the pupils their invisible strings and who they are connected to – family, friends, pets, people who have died or they no longer have much contact with. Ask the pupils about their feelings – how do they feel when they are with people that they love? How do they feel when they are apart?
- Ask the pupils to draw a picture of themselves in the middle of a piece of paper.
- Draw string (or glue string on to the picture) to link the picture of themselves to pictures of people who are important to them. For some pupils, this may also include favourite characters from books, cartoons etc. or their pets or other animals.

This activity is designed for 4-7 year-olds, but could be used with other age groups too. To extend the content, refer to our other activity ideas.

