

Invisible String Activity

Materials Needed: Clear stretchy string, buttons, beads



The Invisible String is a wonderful book to read with children. It is perfect for children experiencing any type of separation, such as separating from mom and dad during the day for school/work, divorce, or the loss of a loved one.

The book description states:

People who love each other are always connected by a very special string, made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.

A short but often meaningful activity after reading this story with a child is to make some 'invisible string bracelets.' Using buttons, beads, or heart shaped items that you can slide onto a stretchy string (or other thin embroidery thread) make a bracelet. This can be a reminder to the child of all the people they love and are connected to. Have them choose a bead or shape to represent each person that is near and dear to their heart. This can also include their pets. This way when they are physically apart from their loved ones, they can feel their connection with them.