

WHAT I CARRY IN MY HEART FROM YOU



In the family group give everyone the number of hearts as people in the family. Think about each of your loved ones and reflect as you draw/write about things that make you love and feel loved by them—a heart for each person in the family. Cut them out and put them on a binder ring or string them together to put somewhere special to remind you when you are feeling lonely and want to tug your “Invisible String.”

Share specifics on your sensations, memories, feelings when you think of your loved one. Examine your gratitude for their family contributions and their personal qualities that renew you. Examples: warmth in my heart, their smiling face, safety, that camping memory we share, they give me hugs, I am thankful for their help with chores etc.



