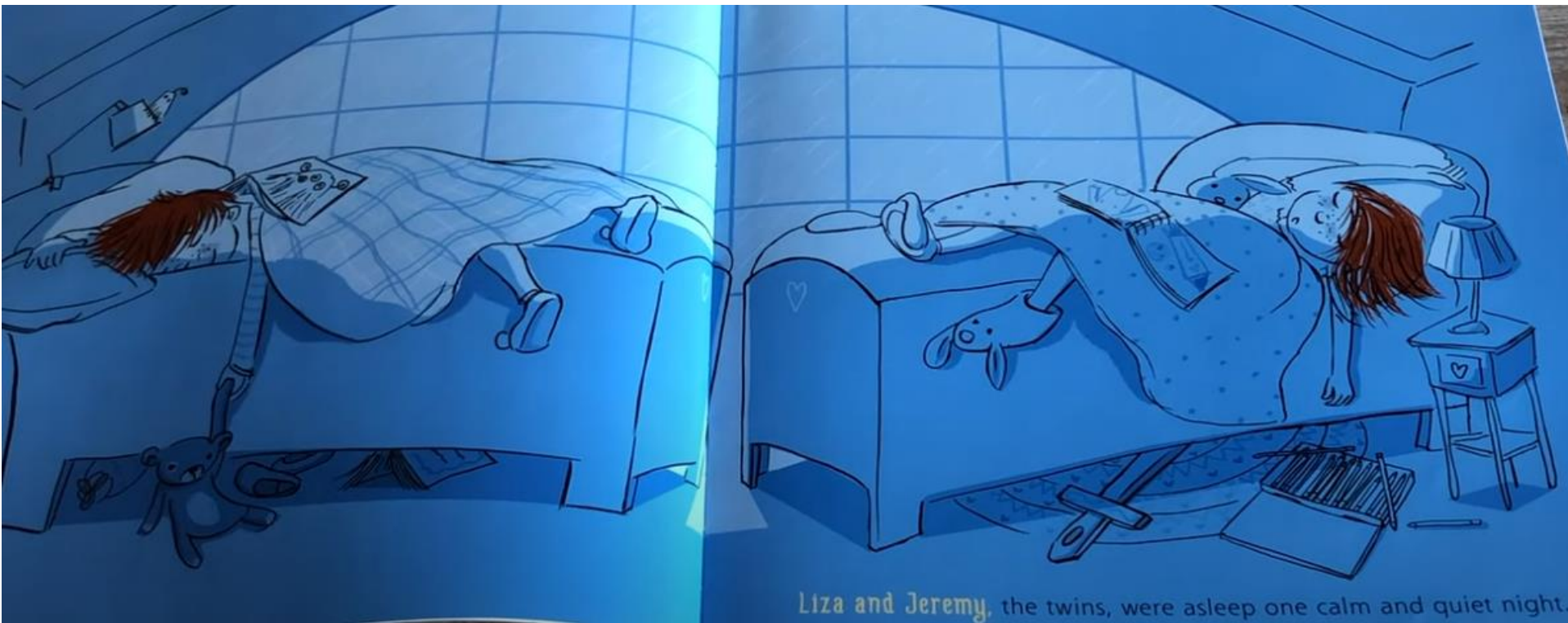


Wednesday 10th June: PSHE Story (The Invisible String By Patrice Karst)
(Focusing on topic of separation anxieties)





Liza and Jeremy, the twins, were asleep one calm and quiet night.

Suddenly it began to rain very hard. Thunder rumbled until it got so loud that it woke them up. "Mommy, Mommy!" they cried out as they ran to her.



"Don't worry, you two! It's just the storm making all that noise. Go back to bed."
"We want to stay close to you," said Jeremy.
"We're scared!"
Mom said,

"You know we're always together, no matter what."

But how can we be together when you're not here and we're in bed?" said Liza.





Mom held something right in front of them and said,

"This is how."



Rubbing their sleepy eyes, the twins came closer to see what Mom was holding.

"I was about your age when my mommy first told me about the **INVISIBLE STRING**."

"I don't see a string," said Jeremy.

"You don't need to see the Invisible String. People who love each other are always connected by

a very special String made of love."

"But if you can't see it, how do you know it's there?" asked Liza.

"Even though you can't see it with your eyes, you can feel it with your heart and know that you are

always connected to everyone you love."



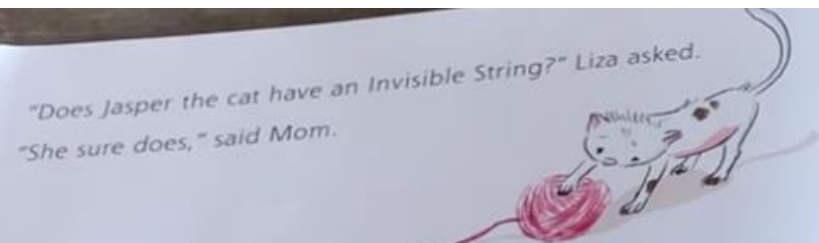
"When you're at school and you miss me, your love travels all the way along the String until I feel it tug on my heart."



"And when you tug it right back, we feel it in our hearts," said Jeremy.



"Does Jasper the cat have an Invisible String?" Liza asked.
"She sure does," said Mom.



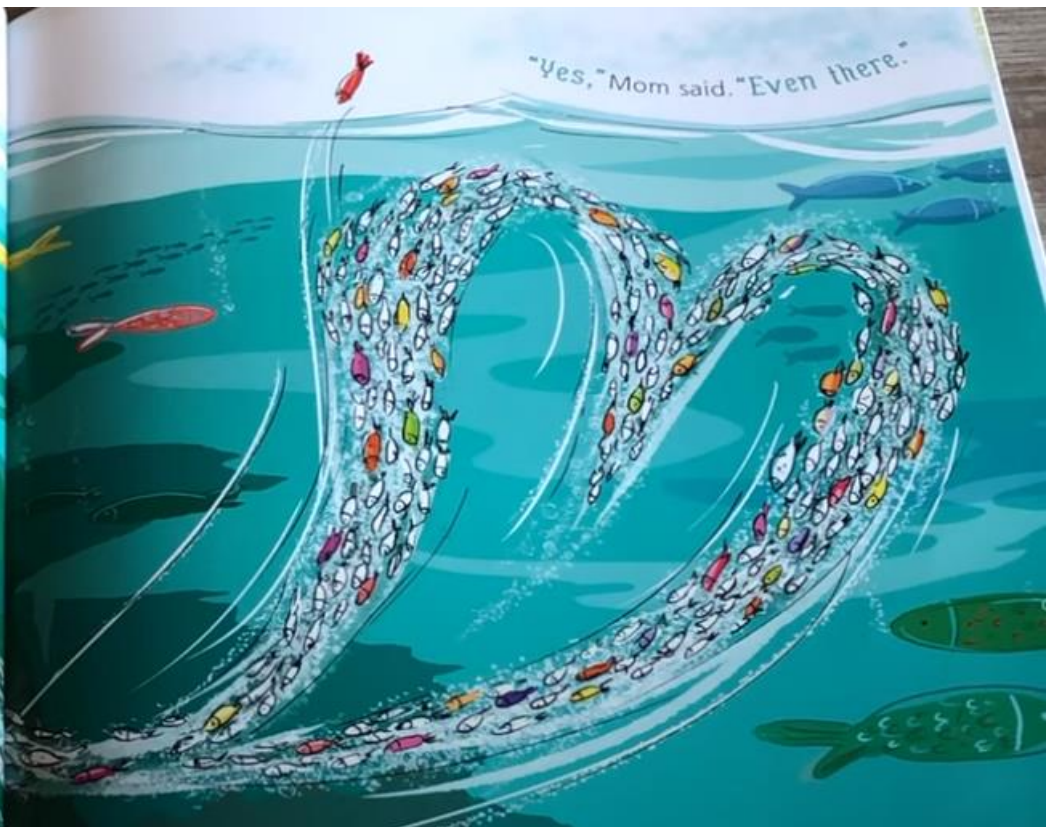
"And best friends like me and Lucy?" asked Liza.
"Best friends too!"



far can the String reach?"

"Anywhere and everywhere," Mom said.

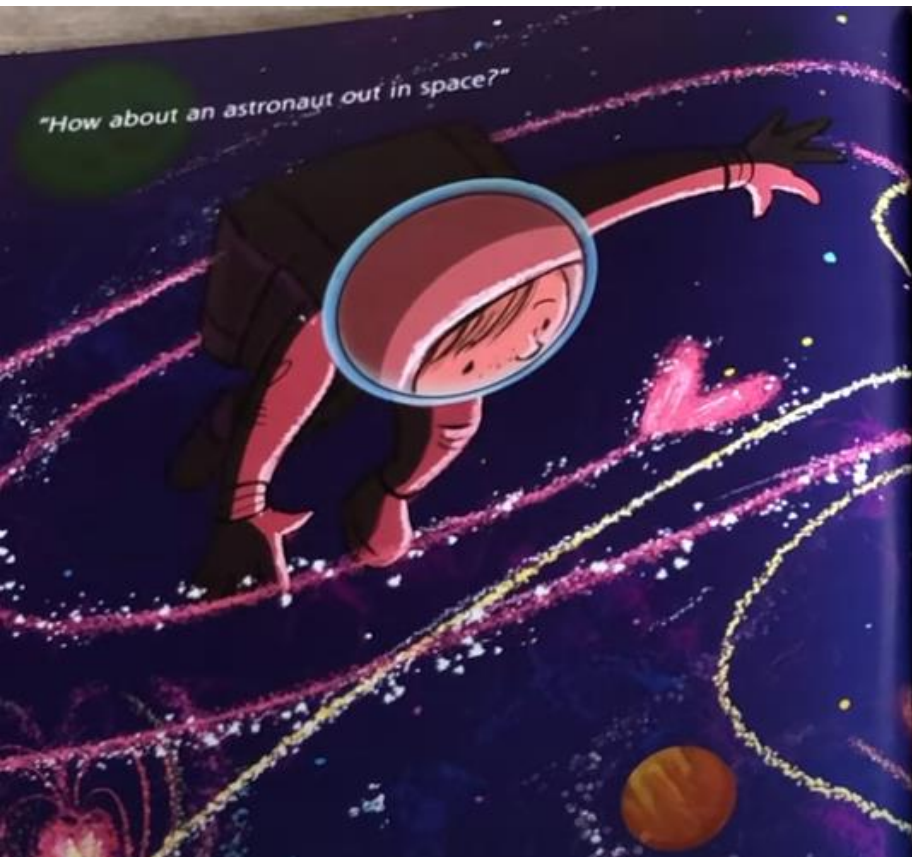








"How about an astronaut out in space?"



"yes, even there."



Then Jeremy quietly asked, "Can my String
reach all the way to Uncle Brian in heaven?"

"yes, even there."



"Does the String go away when you're mad at us?"



"Never," said Mom. "Love is stronger than anger,
and as long as love is in your heart,
the String will always be there."





"Even when you get older and can't agree about things like what movie to see . . .

. . . or what game to play in the back seat . . .



. . . or what time to go to bed.



Oh, that's right! You two should be in bed!"

And with that, they all laughed as Mom
chased the twins back to their beds.



Within a few minutes, they were asleep, even though
the storm was still making the same loud noises outside.



As they slept, they started dreaming of all
the **Invisible Strings** they have,

and all the Strings their friends have,

and their friends have,

and their friends have.



until **everyone** in the world was connected

by Invisible Strings.



And from deep inside,
they now could clearly see . . .



A WORD FROM THE AUTHOR

Dear Beloved Reader,

I am honored to tell you the backstory of how this little book that could came to life. *The Invisible String* was born in 1996, when I was a full-time working single mom. As I dropped off my son, Elijah, at preschool each morning, he would cry so hard that it broke my heart. And so I told him what was obvious to me: that an Invisible String made out of love always connected us. In fact, not only would it connect us all day long, but forever and ever—no matter what!

Still? Once he knew about the String, his separation anxiety stopped, his face lit up in wonder, and his tears dried. The story brought him (and then his friends, who begged to hear it, too) immense comfort with the realization that they would never be alone, because the Invisible String connects us not only to our loved ones but also to the whole wide world.

When I saw the reaction that the Invisible String was having on these children, I knew I needed to "tell the others." I went to a small independent publisher to see if he was interested, and he released the original hardcover edition in 2000. Slowly, I began to receive the most powerful and profound letters from readers about how *The Invisible String* had affected them and the people with whom they had shared the book. My heart could not have felt more full.

Several years ago, though, I noticed a new phenomenon beginning. *The Invisible String* suddenly started to move, then sprint—and the next thing I knew, it took off and soared, becoming a bestseller. In addition to receiving countless testimonials from the general public, I continue to hear weekly from schools, bereavement groups, psychologists, military personnel, hospitals, camp counselors, therapists, hospices, funeral homes, adoption and foster organizations, divorce attorney's offices, prisons, and parenting classes about how *The Invisible String* is being used to guide, comfort, and heal. Beyond assisting children and adults with any type of loss or separation issues, readers tell me they appreciate how it offers a tangible understanding of what the abstract concept of love is. For the science-loving fans, I like to say it's "String theory made easy!" Even adults are giving the book to each other for birthdays, shower gifts, and going-away presents.

for family, friends, and spouses—any time they want to share the love! No one is too young or too old to know of their Invisible Strings.

While there is only a single word on one page in the book that alludes to separation by death, it has been astonishing to witness how it has opened up the possibilities for the story to be used for coping with grief. That word, heaven, is not meant to impart any particular religious affiliation in mind, heart, or meaning, for my readers come from all faiths, spiritual paths, and walks of life. It is a word that for so many readers open-endedly suggests "the other side" or "the great beyond" or the indefinable mystery of permanent physical departure. For those that feel uncomfortable with that word, it is easily amended with whatever phrase feels more comfortable for each family, and can be used as a springboard for further discussion. And remember that there is nothing more healing than conversation with a child, if questions arise.

We live in tumultuous times, to say the least. But what affects one of us, affects the whole of us. One of my greatest hopes is to see world leaders coming to the realization that we are ultimately one family. I know that can happen because love really is that powerful, and the Invisible String is the realest thing that there is. It transcends time and space, reaching across the planet and beyond. Where all of our Invisible Strings intersect, we find ourselves in the real "worldwide Web" that collectively forms the nest that holds us close. The more love, the more Invisible Strings, and the more Strings, the stronger our Invisible Web.

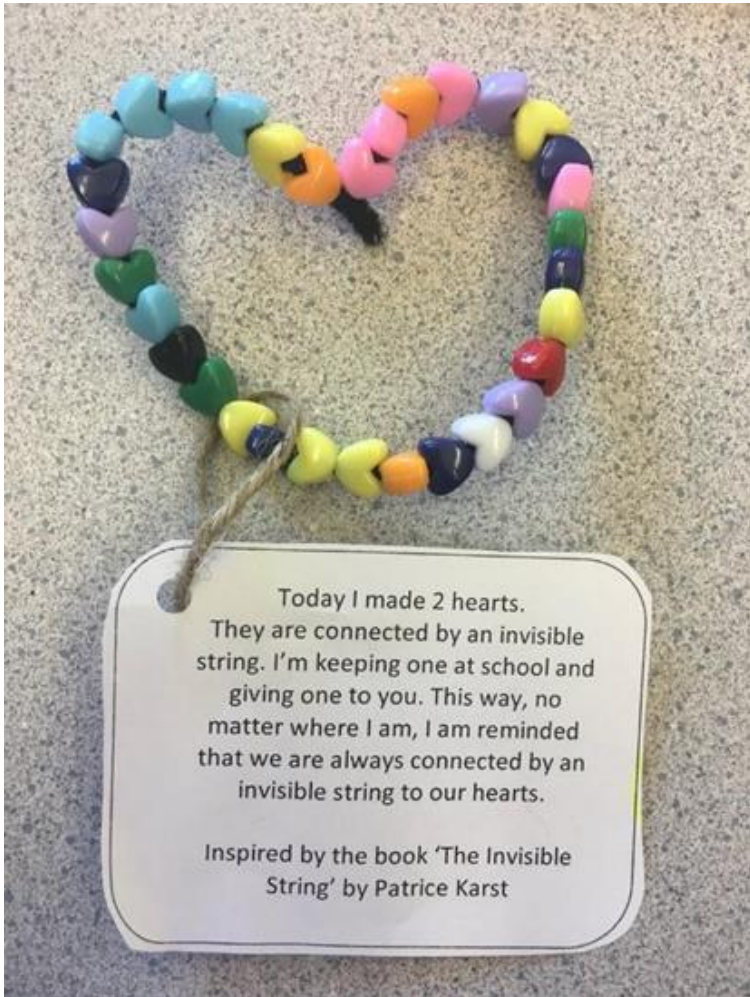
My vision is that one day, every child on earth will be comforted by knowing of their own Invisible Strings. One heart at a time. I believe that day will come sooner than we realize. To that end, if you feel moved by your Invisible Strings, please "tell the others!"

With all my heart and all that I am, and wherever in the world this book has found you, I send love from my end of the Invisible String, over to you . . .

Patrice Karst

Craft activity for children to complete for Thursday PSHE session on Separation Anxieties.

Children get two pipe cleaners each. Decorate each one with some beads, they could wrap string around it, twist little tin foil around the pipe cleaner; decorate it in anyway they would want to. One heart goes home and one stays in school. (If you are doing this activity at home, you could keep one at home and give one to a relative or neighbour or friend etc.



Today I made two hearts.
They are connected by an invisible string.
I am keeping one at school and giving one to you.
This way, no matter where I am, I am reminded that we are connected by an invisible string to our hearts.

Inspired by the book
'The Invisible String'
by
Patrice Karst





The Invisible String

Official Activity Kit



You could make some heart bunting at home, if you would like to

Where Does YOUR String Go . . . ?

As long as love is in your heart, the Invisible String will always be there. Make your own Invisible String by decorating the hearts below with the names of loved ones who you are always connected with. Cut out the hearts, punch out the holes at the top, and string the hearts onto a piece of yarn or ribbon, tying a small knot at the top of each one to create a garland of your own unbreakable connections.

SUPPLIES

- Colored pencils, crayons, or markers
- Scissors
- Hole punch
- Yarn or ribbon

