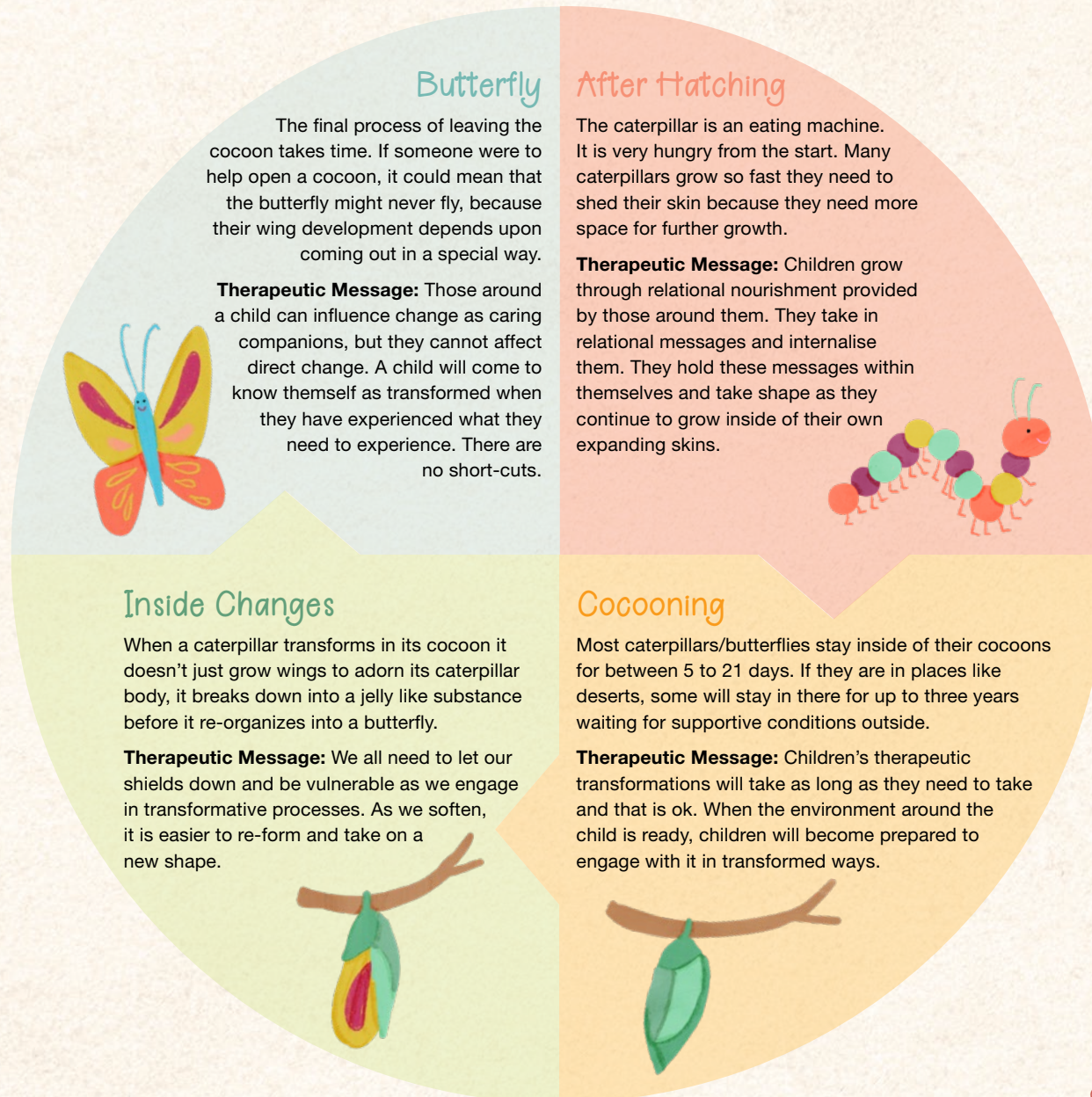


Thinking about therapeutic messaging through the lens of the life cycle of a caterpillar/butterfly



Written on Their Wings

An Activity for Children and Carers as Therapeutic Engagement draws to a close

For Carers - Your child is like a butterfly who is ready to stretch their wings and fly. As they unfurl you can see that written on them is all the beauty and qualities that they have inside ready to be seen by others.

Some reflective questions for consideration

- What beauty have you always known is inside your child?
- What have you learned about your child's unfurling wings throughout this sharing process?
- Is there anything you appreciate now about your child that you might not have been as aware of at the beginning of our involvement?

Activity

Note down some of your child's qualities on the butterfly wings template. You might use words and/or pictures. (Tell them to the worker and get the worker to note them down if you aren't in a position to note them down yourself). You could use the following prompts for ideas:

What strengths does your child have?

What do you love about your child? *I love that you...*

What makes your child special? *You are special because...*

What qualities do you admire in your child? *I admire...*

Your child might like to bring colour to their wings as things are discussed and written down. Your child might like to also draw or paint in a background for their butterfly.



