

# Invisible String Lesson

Type of String Needed: Clear Stretchy String



[The Invisible String](#) is a must-have book for counselors. It is perfect for students experiencing any type of separation, such as death, divorce, incarceration, deployment, or separation anxiety. 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.***

To help illustrate the concept of the invisible string, help students create invisible string bracelets out of clear string and plastic heart buttons or heart beads. After reading the story, ask students who they believe their invisible string is connected to. For each person (or pet) they list, allow students to choose a bead to represent the connection and string it onto the bracelet. When the bracelet is complete, ask students to explain the connections by asking questions such as:

- *Who does each bead represent?*
- *Which connection is the strongest? Weakest?*
- *Is there someone you wish you had a stronger connect with?*
- *How can you make a connection stronger?*
- *Is there anyone missing from your bracelet that you wish you had a connection with?*