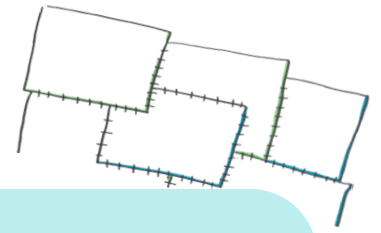




A Patchwork of...



Why? When we face something that is new and/or challenging, such as starting somewhere new or returning to somewhere after a long break, it can be helpful to think about our past experiences with these kinds of situations. We can think about and 'stitch together' what we can remember about those times, what we have learnt from what we did before and how it made us feel.

Activity

Create a patchwork of the memories you have made, lessons learnt and/or the people who were important to help you to reflect on these experiences and how you have managed these situations before.

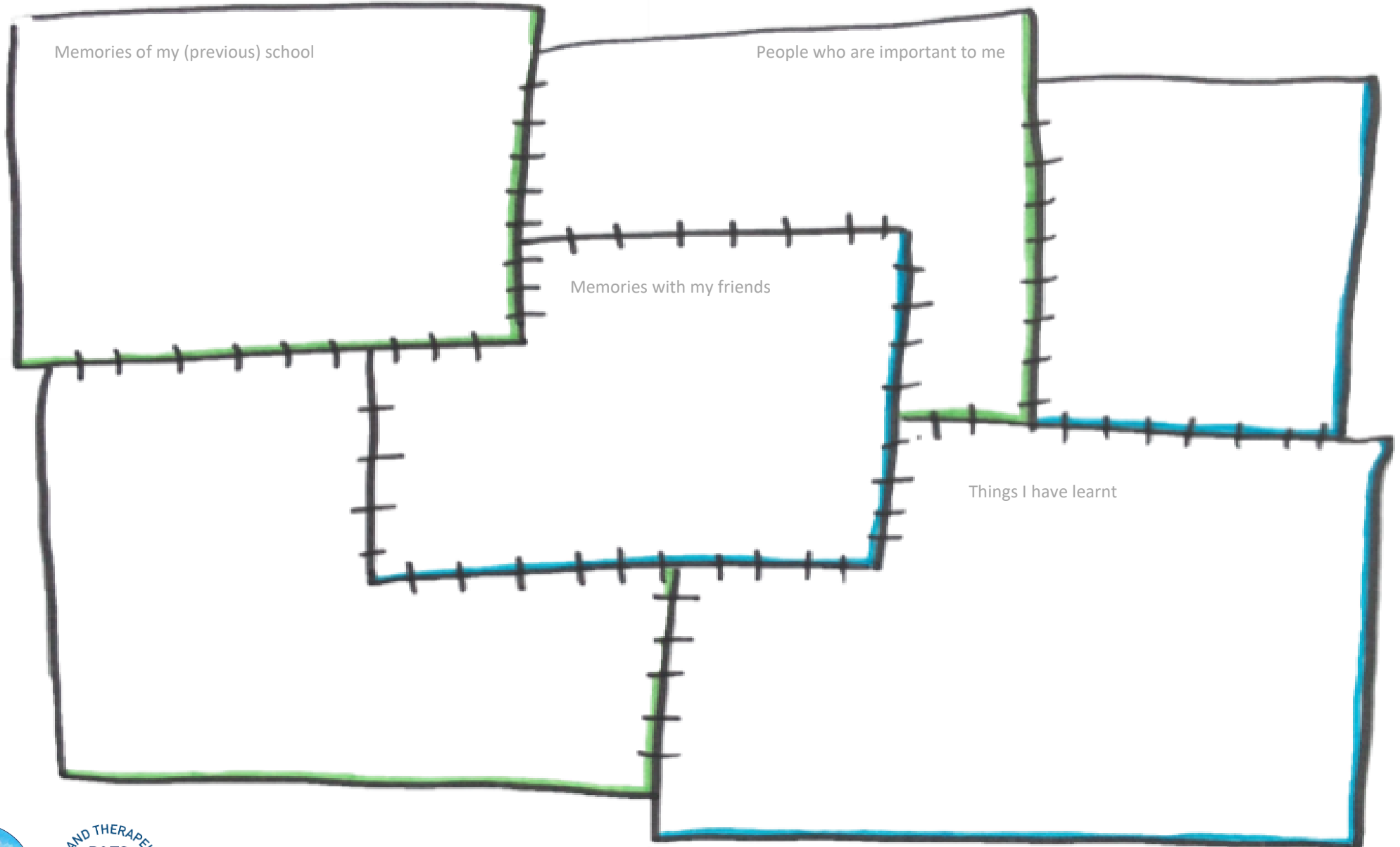
There is no right or wrong way to do this activity.

It may be that you imagine these experiences in a different way.

Other ideas may include:

- Jigsaw puzzles
- Pattern of shapes fitting together
- Colours that represent your experiences and feelings
- Songs and music from those times
- Something else...





For more information about how we work please visit: www.suffolk.gov.uk/children-families-and-learning/pts/if

