

IDENTIFYING PARTS

Here are two activities to help kids understand that they are multi-dimensional and have a variety of parts that surface at different times.

THE JAR EXERCISE

For this exercise, you'll need a jar for each member of your family, as well as small pompoms, sequins, and/or buttons in a variety of colors, sizes, and shapes.

Talk to your children about the different parts of your personality, selecting a different colored pompom, sequin, or button for each different part. You might say things like:

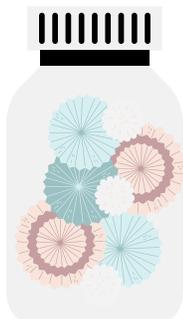
"There is a part of me that is really serious. That part of me looks like a green button. There is also a part of me that is really silly. That part of me looks like an orange sequin."

Put the button and sequin in the jar.

Keep doing this for the many different parts of your personality, adding pompoms, sequins, and buttons to the jar as you go.

Then, ask your child to do the same.

Finally, shake your jar. Say something like, "Look at how sometimes different parts of my personality rise to the surface, but other times, they are harder to see. Look, you can hardly see my silly side right now. It's there, and I bet if I shake things up, I can see it again. This is how it goes. Sometimes it's harder to find different parts of our personality, but they are always there."

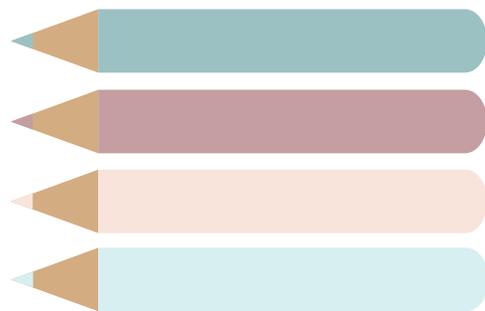


(You will need this jar in Pillar Nine of this cycle, so hang onto it for a few weeks!)

THE DRAWING EXERCISE

We all have parts of our personalities that we like, as well as parts that we don't like as much. Having your children draw their different personality parts will help you gain insight into what they like, and what they wish they could change, as well as where they feel confident and empowered, and where they feel insecure and disempowered.

Start by asking your kid to name some of the predominant parts of their personality. Then, ask them to draw these parts.



"What does the Big Sister part of you look like?"

"What does the Athlete part of you look like?"

"What does the Feeling Shy part look like?"

This exercise need not turn into a lecture. Accept all of the pictures as perfect representations of how your child feels about that part, and accept these feelings.

Simply use this activity to get to know how your child feels about their different parts and to allow your child to experience the different feelings that arise when each of these different parts comes out.

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