

# My Invisible Backpack - a family activity

**Type of activity:** thinking and sharing

**Who is it for?** All the family

**What do I need?**

- A4 Piece of paper each
- Felt tips, crayons, pencil
- A bit of thinking time and creativity
- Optional real backpack and objects from round the house (or you can draw)

## Introduction

Families come in all shapes and sizes - not surprising as each family is made up of individuals with lots of different connections! This activity is a chance for each family member to think about their own 'identity' and to share a little bit more about themselves with each other.



The idea is that we all carry an 'invisible backpack' with us in our lives and what's inside is unique to us (though we may share some things in common). Over our lives, our relationships, experiences, family, memories, values, hobbies and work have all contributed to who we are today - our invisible backpack, but we don't often take time to share this.

Which things have been most important in 'making you, you'?

**Here's how to...**

1. **Draw** a big back pack on your piece of paper or find a real one. Now draw pictures (or put in objects) inside the backpack that represent important aspects of your life.
2. *Here're a few of mine - fir cone, map, compass - I grew up in the country and still love the outdoors; they also represent values important to me of freedom, exploration, independence and need to look after our natural world. Family photo - happy memories of my childhood and then my own children; represents love and caring, working out difficulties together, resilience, growth of confidence.*
3. Now take it in turns **share** your backpack with the rest of the family, explaining what each object represents. Listen carefully to each person.
4. Some **questions** to think about:
  - Were there any common ideas in your family?
  - Was there anything surprising you never knew before?
  - What did you like hearing about?
  - Which is the most important item/value in your pack?



## 5. Looking back, looking forward:

- Do you think the contents of your invisible back pack were the same when you were a toddler?
- Do you think they might change in the future?
- The lockdown experience for Covid-19 may have asked us to 'repack' or add a few more items! Which of these skills and values do we want to keep near the top of the backpack from this experience?