

## **The Life Story Pack for Primary Age Children** £5 in the shop at [www.lifestoryhub.com](http://www.lifestoryhub.com)

**The Life Story Pack** is a downloadable online therapeutic toolkit designed for parents to help children explore their identity, celebrate their achievements, and process complex life experiences. Developed by Natalie Salaman, a social worker and arts-based counselor with 35 years of experience, this pack provides a structured yet flexible framework for creating a personalised “Life Story Book” or digital autobiography.

This pack is specifically tailored for primary-age children, though many activities can be adapted for teens or younger children. It moves beyond a photo album, offering a “touchstone of self-esteem” through the production of a life story book that can help children build a sense of pride and self-knowledge through collaborative storytelling with you, their parent.

### **Key Features & Contents:**

- **Creative Session Guides:** Instructions on how to structure roughly six sessions, including tips on preparing a physical space, using art materials and calming sensory activities
- **River of Life Map:** A visual timeline using a river metaphor to mark significant life milestones.
- **Body Map:** A creative exercise to help children identify and talk about where they feel emotions in their bodies.
- **Roots Tree:** A specialized tool to explore the hidden origins of feelings and behaviors, particularly useful for children who have experienced trauma.
- **Conversation Starters:** Includes “20 Starter Sentences” and “Trigger Titles” designed to spark dialogue in a playful, non-judgmental “interview style”.

- **Specialised Support for Difficult Topics:** Dedicated guidance and PDF downloads for navigating “Important Conversations” regarding sensitive subjects such as mental ill health, domestic abuse, prison, divorce, and bereavement.
- **Practical Planning Resources:** Access to downloadable blank up to 18 sessions planner, example session plans, and links to curated books and websites that support emotional wellbeing.

## Product Benefits

- **Strengthens Bonds:** Encourages focused, screen-free quality time that fosters a deeper connection between the adult and child.
- **Promotes Emotional Literacy:** Uses games like “The Starter Sentence Game” and other tools like “Bear Cards” to help children find a language for their experiences, lightening the burden of past fears or pain.
- **Flexible Formatting:** Supports various creation styles, including physical 3D folders, digital books with links to music and video, or simple “here and now” conversations without a finished product.
- **Empowers the Child:** Following the principle of the child as “Principal Editor” the pack ensures the final creation is a true reflection of the child’s own voice and choices.



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