

# A Child's Journey

Welcome to your Inner Child Art Journal Kit!

A person's a person, no matter how small.

– Dr. Seuss

Completing the activities and journal pages in this kit will change the way you look at yourself and your life. It will help you to understand that you are ok.

>> **TIP**: You may find it helpful to calm down and centre yourself before doing Inner Child work. Here's a quick & easy way to do that: close your eyes, breathe in through your nose to a count of four, and then breathe out through your mouth to a count of six. That's it! Repeat that pattern about four or five times and you will notice a change in your energy. Open your eyes and you are ready to begin.

I am gentle, kind, and comforting to my inner child as we uncover and release the old, negative messages within us.

– Louise Hay

A lot of what you have felt bad about in the past is the result of not being able to fully complete the different stages of your childhood. This is usually because the people who were supposed to help you at the time were just not able to do that.

**It wasn't your fault.**

Usually, it happened because your parents and other adults in your life didn't understand what they were doing. They probably behaved the way their own

parents behaved, and treated you the way they were treated when they were little. This is how these mistakes get passed down from generation to generation.

The good news is that **you can change it**. Starting today, you can put right many of the sorrows of your childhood. You can heal your childhood by connecting with your Inner Child, that part of you that didn't finish growing up. He or she is still hurting and confused and upset. Connecting with this little child inside of you, and helping it to express what it has been feeling all these years, can heal these wounds and complete any stages of development that didn't get done at the time.

We have to listen to the child we once were, the child who still exists inside us. That child understands magic moments. We can stifle its cries, but we cannot silence its voice.

The child we once were is still there.

– Paulo Coelho

And the best part of it is that you can heal your childhood all by yourself without anyone else's help, because you are going to be your own parent. You can rescue your Inner Child.

Your Inner Child will probably need to hear some general nurturing messages that it didn't hear when you were little. So whenever you feel like it, you can tell you Inner Child:

- I love you.
- I care about you.
- I accept you just the way you are.
- I am so proud of you and all that you are.
- I am sorry I forgot about you for so long.

- I am really happy to get to know you.
- You have lots of great qualities and talents.
- You are so imaginative and creative.
- You are such a good worker - well done!
- I am sorry you had to grow up so fast.
- You can trust me to be there and take care of you now.
- We can even have fun and play together.

Also, some permissions that your Inner Child needed to hear in order to develop and be happy may have been denied. To help repair the damage caused by not being allowed to be yourself when you were little, you can encourage your Inner Child to:

- make choices for yourself
- do the things you want to do
- take time to play and have fun
- be honest about your thoughts and feelings
- make mistakes, learn from them, and carry on
- take some risks and deal with the good or bad consequences of them
- set your imagination and your creativity free
- share your feelings so that you can name them and understand them
- be angry and express your anger in order to resolve it
- make decisions for yourself
- love and be loved by someone close to you.

**>> TIP: Your feelings might be pleasurable (like happiness, affection, and excitement) or painful (like worry, sadness, and fear) but all of your feelings are valid and are a part of you - then and now! You are safe to express them all.**

Let's make a start by looking at the four stages of development that occur between birth and about 12 years.

- 1) **Infant:** birth to 1 year
- 2) **Toddler:** 1 year to 3 years

3) **Pre-School:** 3 years to 5 years

4) **School Age:** 5 years to 12 years

(People are all different, so these age ranges are only a guide.)

For each of these stages of development, there are things you need to learn in order to move on to the next stage, like building blocks. These things are to enable you to move from your own home out into the wide world safely and confidently when you grow up. And when you complete each stage, you gain a strength which will help you for your whole lifetime. The four strengths are hope, willpower, purpose, and competence.

In this kit we will take a look at each of the stages, write short letters to and from our Inner Child, make Art Journal pages for every stage, and explore lots of other activities to continue healing each one. You will be able to use these ideas and techniques for the rest of your life, so the time you spend on this kit is a brilliant investment in your long-term well-being and self-care.

**>> TIP: Read the information and complete the letter-writing exercises before doing the Art Journal pages for each stage - you will get lots of ideas for the pages from these written activities!**

## My Child Within: A Poem to the Wounded Child

I found my child within today,  
For many years so locked away,  
Loving, embracing, needing so much,  
If only I could reach in and touch.

I did not know this child of mine,  
We were never acquainted at three or nine,  
But today I felt the crying inside,  
I'm here, I shouted, come reside.

We hugged each other ever so tight,  
As feelings emerged of hurt and fright.  
It's okay, I sobbed, I love you so!  
You are precious to me, I want you to know.

My child, my child, you are safe today,  
You will not be abandoned, I'm here to stay.  
We laughed, we cried, it was a discovery,  
This warm loving child is my recovery.

by Kathleen Algoe

This poem is an emotional description of the journey  
you will take reconnecting with your Inner Child.  
Profound healing and deep joy await you.

**The only person you are destined to become  
is the person you decide to be.**

– Ralph Waldo Emerson

So even if you didn't have a good start in life, you  
can still have a good finish! Complete your past and  
give yourself a future. You deserve it. x

**First of all, let's take a look at the Infant stage.**