

Reconnect With Your Inner Child

1. Letter of Apology

Write a letter of apology if you have forgotten your inner child. Tell your inner child you wish to reconnect and allow it to surface. Make sure you tell your inner child you will keep it safe. If you have not forgotten your inner child, write a letter promising to have more fun!

2. Play Date With Inner Child

Make and keep a play date with your inner child. This should be based on what your inner child wants to do, or used to want to do. Do not allow the adult within to take control. Your inner child needs to make the plans for the date. The adult inside you needs to plan the date.

Perhaps your inner child used to like to go roller skating, swimming, or to the playground. One of my students took her inner child and bought a coloring book. Now she and her inner child color something every day. I have taken my inner child on many play dates. Recently, we went horseback riding. I had a horse when I was a child, and my inner child sometimes misses having a horse to ride.

3. Reconnect With A Childhood Activity Weekly

Once you have taken your inner child on a play date you may start to remember what your inner child loved to do many years ago.

One student started swinging on a swing set as daily exercise. Another student rediscovered riding a bike and does it with her family on the week-end.

4. Reconnect With Your Inner Child's Long Lost Dreams

What were the dreams you and your inner child used to have long ago? How can you bring these dreams to life today? They may look different, but it will make your inner child happy to try to recreate the dreams and make some a reality.

Maybe you wanted to become a singer? Can you join a church choir? How about hosting a workshop on something you know?

5. Make A Special Room Or Place For Your Inner Child

When you were little, where did you and your inner child go to feel safe? Maybe you had a special place where you watched the clouds go by? Or, perhaps you had a special cardboard box you hid in.

Did you have a desk to keep your art work in? Or a place to go listen to music?

Create a special place for you and your inner child to go and spend some time in once in a while. This will make your inner child feel special and loved.

6. Visit A Toy Store And Buy Your Inner Child A Present

Make a visit to a special toy store and allow your inner child to purchase a special toy or trinket from this toy store.

This activity will also help you see what toys are on the market today.

7. Create A Special Toy Box For Your Inner Child

Get a shoe box and make a special toy box for your inner child to play in when he or she gets bored.

Decorate the box and add fun trinkets, toys, pictures of dreams, candy, chocolate, etc. If your inner child wants something in the box....allow it!

8. What Did Your Inner Child Like To Collect?

Reconnect with what your inner child used to like to collect? Try to find a piece of this collection. Bring it out and allow it to be seen daily by your inner child?

Was it a model horse collection? A race car collection? Barbies? Strawberry Shortcake? Beanie Babies? Friendship Bracelets?

9. Make A Piece Of Artwork With Your Inner Child

Take your inner child to fun and creative art galleries (Nothing stuffy or boring) and find some art you want to recreate. It can be a painting, jewelry, greeting card, clothing, etc.

Take a picture of what your inner child wants to recreate and get lost in the creative process.

10. Plan Your Inner Child's Dream Birthday Party

Create an invitation for your inner child's dream birthday party. The sky is the limit! Put down whatever your inner child wants to put down for your dream party.

After doing this invitation, what harm would it do to actually plan and host a party for your inner child? It does not have to be your actual birthday!

Using the ten ideas above create a scrapbook with many visuals and photos your inner child will be proud to look through.