

# A Kite Like Me

## DISCUSSION AND REFLECTION GUIDE FOR COUNSELORS

### Introduction

Welcome to a deeper dive of the heartfelt story ***A Kite Like Me: Finding God's Freedom in Wounded Places***. Using the Kite as a metaphor, the story invites us to explore how life's challenges shape us, but also how hope and the faithfulness of God can be discovered or rediscovered. This guide is designed to help mental health counselors support clients through the universal themes of:

- Rejection
- Abandonment
- Self-Worth
- Love
- Community
- Freedom and Healing

You'll find questions that encourage insight and Scriptures written to help navigate through these places of woundedness. At the end of the guide, creative activities will help clients see new meaning in their healing journeys. These tools can be used well in individual counseling or group settings. Free to copy and share these pages. You may also access the Discussion and Reflection Guide at this link: [ichoosejoy.com/kite-counselor](https://ichoosejoy.com/kite-counselor)

Whether working with adolescents or adults, these tools aim to foster faith, self-awareness, resilience, and connection. Together, let's help others see themselves as beautiful, tattered, healing, and free—Kites made to soar.

Michelle and Sandi



# When someone struggles with **REJECTION**

1. When the Kite felt hurt and rejected, she began to wonder if it was her fault. How has the “voice of rejection” shown up in your life, and how has it influenced your story?
2. When rejection happens, it can change how we view the world. How has rejection influenced your choices or relationships?
3. What helps you cope when someone you care about turns away from you? How can you build resilience in such moments?
4. The kite started to believe she was “less beautiful” after being rejected. But God tells us that we are always loved and accepted by Him. How does knowing that God will never reject you change the way you see yourself?
5. Rejection can make us hesitant to trust or try again, but God’s love is constant and unshakable. How might trusting in His unwavering acceptance give you the confidence to move forward in relationships and new opportunities?

## Suggested Scriptures

*“Though my father and mother forsake me, the Lord will receive me.” **Psalms 27:10***

*“He was despised and rejected by mankind, a man of suffering, and familiar with pain.” **Isaiah 53:3***

*“Never will I leave you; never will I forsake you.” **Hebrews 13:5***

*“If God is for us, who can be against us?” **Romans 8:31***

*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” **Psalms 34:18***

# When someone struggles with **ABANDONMENT**

1. The Kite was left wondering, “Why did he leave?” She felt abandoned and unloved. How has abandonment shaped your heart and impacted your relationship?
2. What do you think it means to hold on to someone’s “string”? How does trust play into this?
3. The Kite found herself stuck after feeling abandoned. Can you think of a time when feeling left behind led you to withdraw? How did you get unstuck?
4. The kite felt abandoned and questioned if it was her fault. But God promises, “*I will never leave you nor forsake you*” (Deuteronomy 31:6). How does this promise bring comfort when you struggle with feelings of abandonment?
5. Even when others let us down, God remains faithful. How have you experienced God’s presence in times when you felt alone, and how can that truth reshape your story of abandonment?

## Suggested Scriptures

*“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.” **Deuteronomy 31:6***

*“And surely I am with you always, to the very end of the age.” **Matthew 28:20***

*“I will not leave you as orphans; I will come to you.” **John 14:18***

*“I will be a Father to you, and you will be My sons and daughters, says the Lord Almighty.” **2 Corinthians 6:18***

*“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers... will be able to separate us from the love of God that is in Christ Jesus our Lord.” **Romans 8:38-39***

# When someone struggles with **SELF-WORTH**

1. The Kite began to doubt her beauty and purpose when her colors faded and her fabric tore. How do you see your own self-worth when life feels difficult or when others let you down?
2. The Kite believed she wasn't "good enough." What stories or messages in your life have shaped the way you view your worth? How do those stories match or not match with who you truly are?
3. Despite her tattered fabric, the Kite discovered she was still beautiful and made to fly. What evidence do you (or others) see in your life that points to who God made you to be?
4. The kite questioned her value when she was tattered and torn, but God says we are *fearfully and wonderfully made* (Psalm 139:14). How does knowing that your worth comes from God, not from your circumstances, change the way you see yourself?
5. Ephesians 2:10 says, "For we are God's handiwork, created in Christ Jesus to do good works." How does this verse remind you that you are valuable and have a purpose, even when you don't feel like it?

## Suggested Scriptures

*"So God created mankind in His own image, in the image of God He created them; male and female He created them."* **Genesis 1:27**

*"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*  
**Psalms 139:14**

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* **Ephesians 2:10**

*"Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows."* **Matthew 10:29-31**

*"Do not fear, for I have redeemed you; I have summoned you by name; you are mine."* **Isaiah 43:1**

# When someone struggles with LOVE

1. The love of God (represented in the story by the Breeze) is constant, even when the Kite doubts herself. How has God's love played a role in shaping your story?
2. How do you balance trusting God and others after being hurt? What does "good" love look like to you? What steps do you need to take to begin to trust again?
3. The story speaks about finding healing in love. How has love helped you heal from past pain?
4. The Breeze in the story is constant, just like God's love. Romans 8:38-39 tells us that nothing can separate us from His love. How does this truth challenge any doubts you've had about being truly loved?
5. 1 John 4:16 says, "God is love. Whoever lives in love lives in God, and God in them." How have you experienced God's love in your life, and how can that love help heal the places where you've felt unloved?

## Suggested Scriptures

*"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in His love He will no longer rebuke you, but will rejoice over you with singing." **Zephaniah 3:17***

*"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." **John 3:16***

*"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." **1 John 4:16***

*"But God demonstrates His own love for us in this: While we were still sinners, Christ died for us." **Romans 5:8***

*"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers... will be able to separate us from the love of God." **Romans 8:38-39***

# When someone struggles with FRIENDSHIP / COMMUNITY

1. When the Kite asks, “Can broken Kites still fly?” a friend responds with encouragement. Who in your life has been a voice of encouragement for you, and how did that help?
2. The Kite felt uplifted when she saw other Kites that were tattered but still flying freely. How has seeing others overcome challenges inspired you in your own journey?
3. Imagine a community where you felt completely seen and valued. What would that look like for you, and how would it shape your sense of belonging?
4. Galatians 6:2 says, “Carry each other’s burdens, and in this way, you will fulfill the law of Christ.” How has God used people in your life to encourage and uplift you? How can you be a “Kite like me” for someone else?
5. The kite discovered a sky full of other kites—tattered but free—reminding her she wasn’t alone. Hebrews 10:24-25 encourages us to support one another in faith. How has being part of a community helped you grow, and how can you be that support for others? If you don’t have that kind of community right now, what steps can you take to create one?

## Suggested Scriptures

*“A friend loves at all times, and a brother is born for a time of adversity.” **Proverbs 17:17***

*“As iron sharpens iron, so one person sharpens another.” **Proverbs 27:17***

*“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.” **Ecclesiastes 4:9-10***

*“Carry each other’s burdens, and in this way, you will fulfill the law of Christ.” **Galatians 6:2***

*“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” **Hebrews 10:24-25***

# When someone struggles with **FREEDOM & HEALING**

1. The Kite experienced healing piece by piece as the Breeze untangled her knots. What small steps have you already taken toward healing? What has helped untangle your knots?
2. Imagine the “healed you” telling your story to someone else. How would that version of you describe your journey so far? What’s the next chapter you’d like to write?
3. The Kite is brighter and flying freely at the end of the story, but a few torn places remain. How do you think those “torn places” shape who you are today? In what ways can they still exist alongside your joy and freedom?
4. The Kite found comfort and peace in the Breeze’s steady presence. Where do you see God’s faithfulness in your story, even in moments when it felt absent? How do you find comfort and peace in your faith during difficult times?
5. The story ends with hope and freedom. How does trusting in God’s faithfulness help you step into freedom, even when it feels unfamiliar?

## Suggested Scriptures

*“He heals the brokenhearted and binds up their wounds.” **Psalms 147:3***

*“The Spirit of the Sovereign Lord is on me... to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.” **Isaiah 61:1***

*“So if the Son sets you free, you will be free indeed.” **John 8:36***

*“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” **2 Corinthians 3:17***

*“Heal me, Lord, and I will be healed; save me and I will be saved, for You are the one I praise.” **Jeremiah 17:14***

# A Kite Like Me Activities

## CREATING A PERSONAL KITE COLLAGE

### To do:

The client designs a Kite collage that represents themselves using materials like paper, markers, magazines, and other art supplies. Each section of the Kite can symbolize a part of their story: their strengths (colors), struggles (tears or patches), and hopes (patterns or symbols). Clients can add words or phrases that describe their identity and journey.

### How it helps:

This activity helps clients explore their personal narratives, focusing on how they've been shaped by rejection, love, healing, and community. It also provides a visual representation of their growth and potential. The Kite Collage becomes a reminder of their resilience and ability to “fly” despite challenges.

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## JOURNALING “THE BREEZE” LETTERS

### To do:

The client writes a series of letters to the Breeze, symbolizing God or a trusted figure. These letters can include reflections on times they've felt stuck, moments of gratitude, and hopes for freedom or healing. The counselor can guide the client by asking them to imagine what the Breeze might say in reply. Scripture can help guide ideas for the Breeze's (God's) responses.

### How it helps:

This activity encourages clients to articulate their feelings and cultivate trust in something greater than themselves, fostering hope and connection. Clients experience a sense of release and clarity as they process their emotions and develop a sense of God's presence and healing in their lives.

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## “TREE OF VOICES” EXERCISE

### *To do:*

Using a large piece of paper, the client draws a tree and writes or illustrates the negative voices or messages from the “branches” in the story that have held them back (e.g., “You’re not enough,” “You’ll never be free”). Together with the counselor, they challenge these messages by writing positive truths or affirmations on the tree’s roots, symbolizing what is possible to believe.

### *How it helps:*

This exercise addresses beliefs about self and others, and helps clients actively reframe negative self-talk, fostering self-compassion and a rootedness in the truth of who they are in God. Clients leave with a visual reminder of their strength and the truths that counteract the harmful narratives they’ve internalized.

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## “UNTANGLING THE KNOTS” EXERCISE

### *To do:*

Provide the client with a piece of string tied into several knots. Each knot represents a challenge, struggle, or negative belief they’ve experienced. As the client untangles each knot, they discuss or journal about what that knot symbolizes and what has helped them release or overcome it (e.g., support, faith, resilience). Once the string is untangled, it can be shaped into something meaningful, like a kite outline or a symbol of hope.

### *How it helps:*

This activity mirrors the kite’s journey of being untangled from the branches and finding freedom. It encourages clients to reflect on the process of letting go and to recognize the strength and growth that comes from working through challenges. Clients leave with a tangible reminder of their resilience and progress.

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## WRITING A NEW SONG OF FREEDOM

### *To do:*

Invite the client to write a “song of freedom,” either as a prayer, poem, a letter, a Psalm, or even a short song. The song should express their journey—acknowledging the struggles, celebrating the progress, and envisioning the freedom and joy they are stepping into. Clients can include elements of gratitude for God or the people and experiences that have supported their growth.

### *How it helps:*

The kite sings a new song of freedom at the end of the story, symbolizing healing and renewed purpose. This activity allows clients to express their personal and faith growth and healing in a powerful way. The written piece can serve as a tool for reflection and encouragement in moments of doubt.

