

Being together again

Goal

An activity for families to do together when the child or young person is going to see the imprisoned family member during a visit to prison.

Opening activity

It is important to remind children that no matter how the visit goes, none of what has happened in the child's fault. They have not done anything wrong. Their family member may have done something wrong, but it does not mean that they are necessarily a bad person. For many families, the love the imprisoned person has for the child is still strong and healthy. Start by talking through the kinds of words we can use with children to help them understand these things.

Talking, thinking, or doing activity

Write down all the words that come to mind when thinking of a visit to the prison. Can you bring these words together to make them into a poem that explains the big range of emotions we can feel during such an experience?

During the session, talk through all of the stages of the event together. What are the children or young people likely to need through each stage?

The Activity Sheet takes the child/young person through the stages of a prison visit. Talking through this journey with the child will prepare them for both the joys and challenges of the visit. One activity sheet is just one page. The other activity sheet is longer and could be done over a few days.

Debrief or closing activity

The group could create some activity booklets for the children for any long periods of waiting. Pictures to colour in, word searches, or number

Activity sheet

You are going to see your family member again. Think about the steps on the journey...

Travelling to the prison.

Draw a picture of how you will travel to the prison.

What will happen when I get there?

You might have to wait for a while. There will be a lot of locked doors and people in uniforms. What will be good about the visit? Is there anything you are scared of?

What will happen when I see my relative?

Ask an adult to tell you what you will be allowed to do when you see your relative. Draw some pictures to help you remember the rules.

What will happen when I leave?

You might feel very sad, tired, or stressed when it is time to say 'goodbye'. It is OK to feel these things. Draw or write about the things you can do to help yourself feel positive about the visit. For example, you could talk to a trusted adult, write or draw about your experience, or write a letter to your relative.

Activity sheet

My name is

I am going to visit

Draw a picture of you and together.

To get to where is staying, I will have to travel by:

Boat

Bus

Car

Another way

Walking

When I get to the place where is staying, I think it might look like this:

I might have to wait for a while before I can see I have drawn pictures of the things I can do while I wait.

The people who work where is staying wear a uniform. Sometimes the shirt is light brown. Sometimes the shirt is light blue. The shirts have strips of fabric on the shoulders.

Draw a picture of some clothes you would like to wear when you are grown up.

I might feel a bit scared, but it is okay – the prison officers will not hurt me. I have not done anything wrong. I am safe.

When I see, there are some rules about what I can and cannot do. Here some pictures to help me remember what the rules are.

I can stay for about minutes. Then has to go and do something else.

When it is time to say goodbye, I can laugh, or cry, or need comfort, or feel strange. I might feel sad, tired, stressed, or relieved. There are no bad feelings. These are faces showing the feelings I might have when I leave

