

## Arrests

### Goal

To talk about how children and young people can cope with the challenge of knowing a family member has been arrested.

### Opening activity

Share experiences of witnessing arrest, or knowing about the arrest of family members.

### Talking, thinking, or doing activity

The activity sheet explains how to do a physical exercise that is based on something called 'somatic experiencing'. This is a way to work with your body to cope with traumatic experiences and feelings. Research tells us that these exercises are good for children, young people, and adults. Introduce the SPOT acronym (Slow down, Place, Orient, Talk). Go through the movement exercises together.

### Debrief or closing activity

Talk about when it might be useful to use SPOT in everyday life.

## Activity sheet #

Tell your child that it is normal to have lots of different feelings when someone you know has been arrested. You and your child might feel:

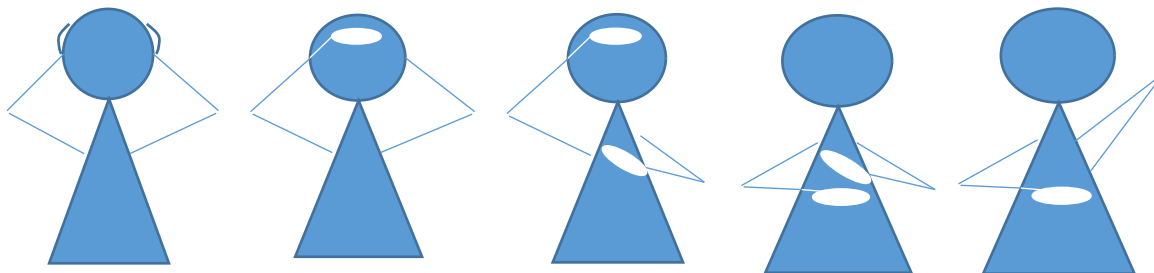
- Upset
- Worried about what to tell other people
- Angry or frustrated that no one is telling you anything
- Relieved
- Like everything is a strange dream
- Overwhelmed

There are some steps you can take to help yourselves when you see or feel something that really upsets you. These steps are good for children, young people, adults and elders.

**S**low down. Take 5 small steps. Stop. Take 5 more steps. Feel the ground under your feet.

**P**lace. Place your hands. Take at least one breath in each position before moving to the next.

1. Place your hands on each side of your head.
2. Place one hand on your forehead. Place the other hand at the back of your head.
3. Keep one hand on your forehead. Place your other hand on your heart. Use quite a firm pressure
4. Keep one hand on your heart. Place your other hand on your stomach.
5. Keep one hand on your stomach. Place your other hand on your upper back.



**O**rient. Look around. Look at shapes and colours around you. Let your eyes rest on something that makes you feel comfortable or safe, like a little holiday for your eyes and mind.

**T**alk. Find someone to talk with who can support you.