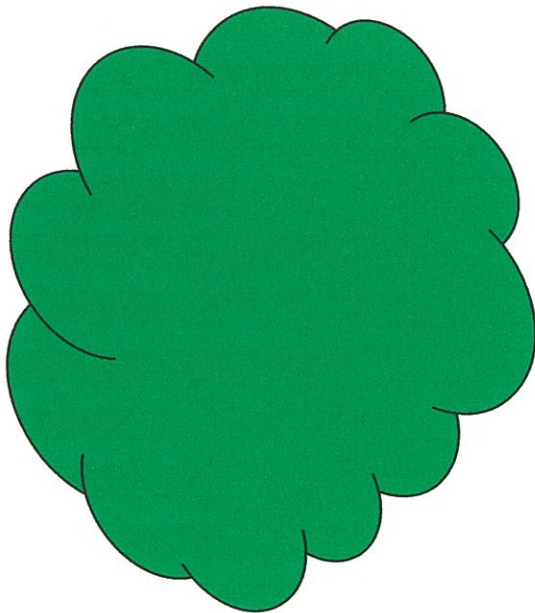
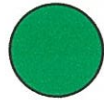
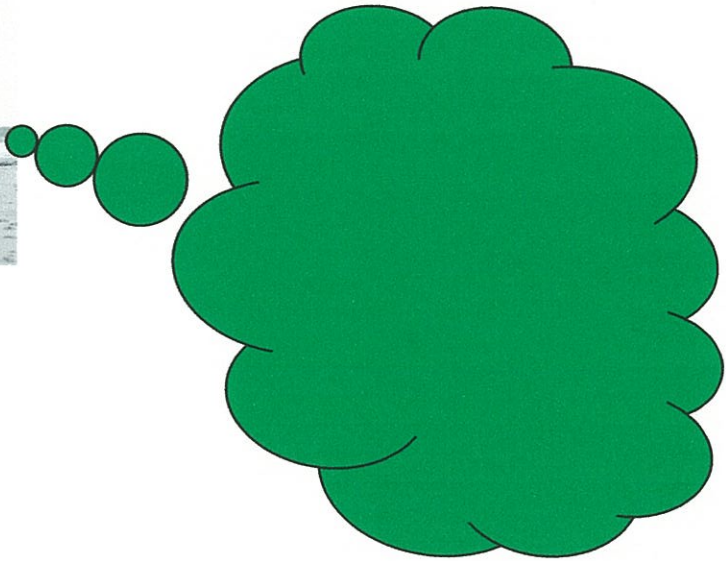


## **Arrest**

- **What happened to my parent/the person I care about?**
- **What did my parent / the person I care about do?**
- **School**
- **Friends**

**What happened to**

.....



## **Arrest**

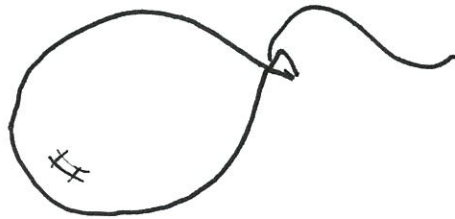
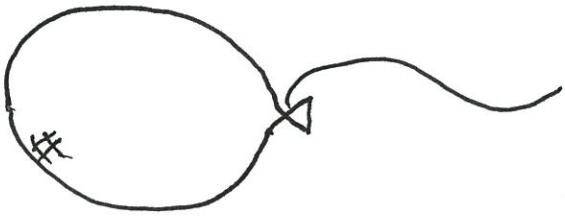
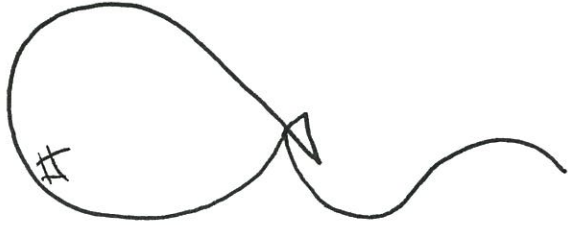
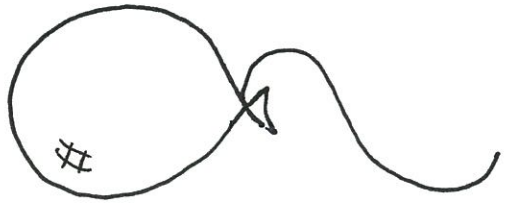
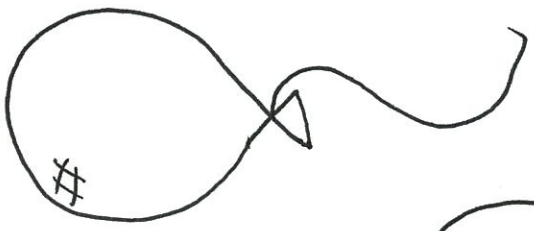
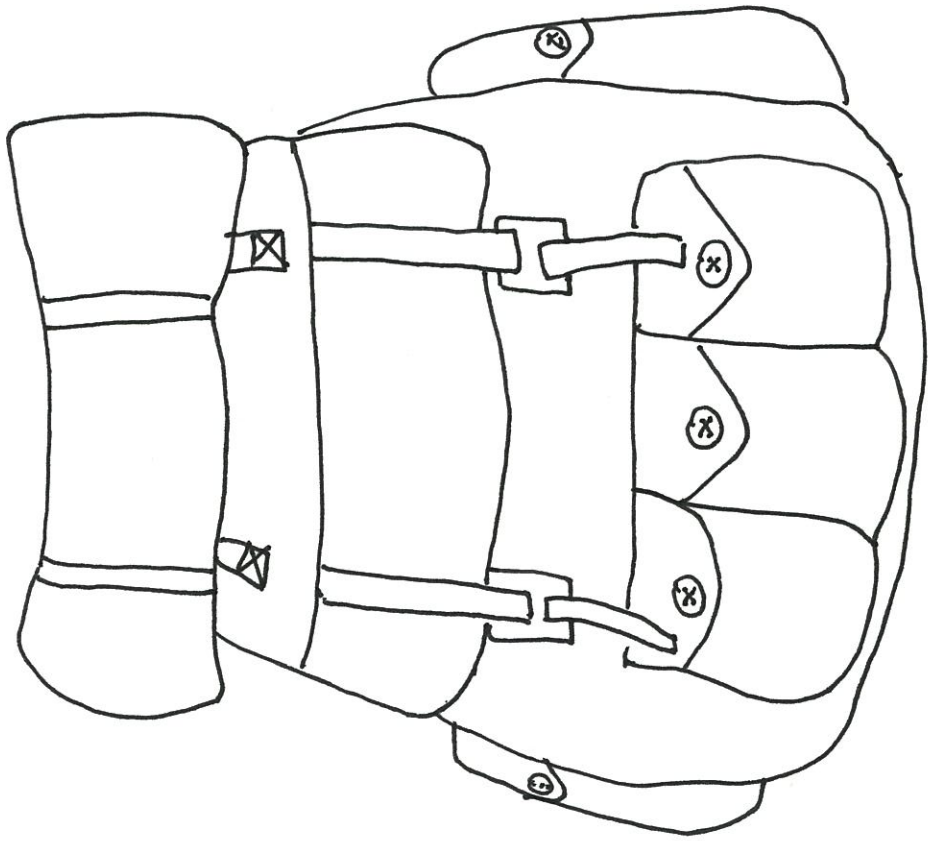
### **Aim:**

To help the child deal with the departure of the adult  
To establish what the child understands/ what they may have been told  
To support them in coming to terms with what the adult has been charged with.  
To help them cope with school/ press and the reaction of their friends.

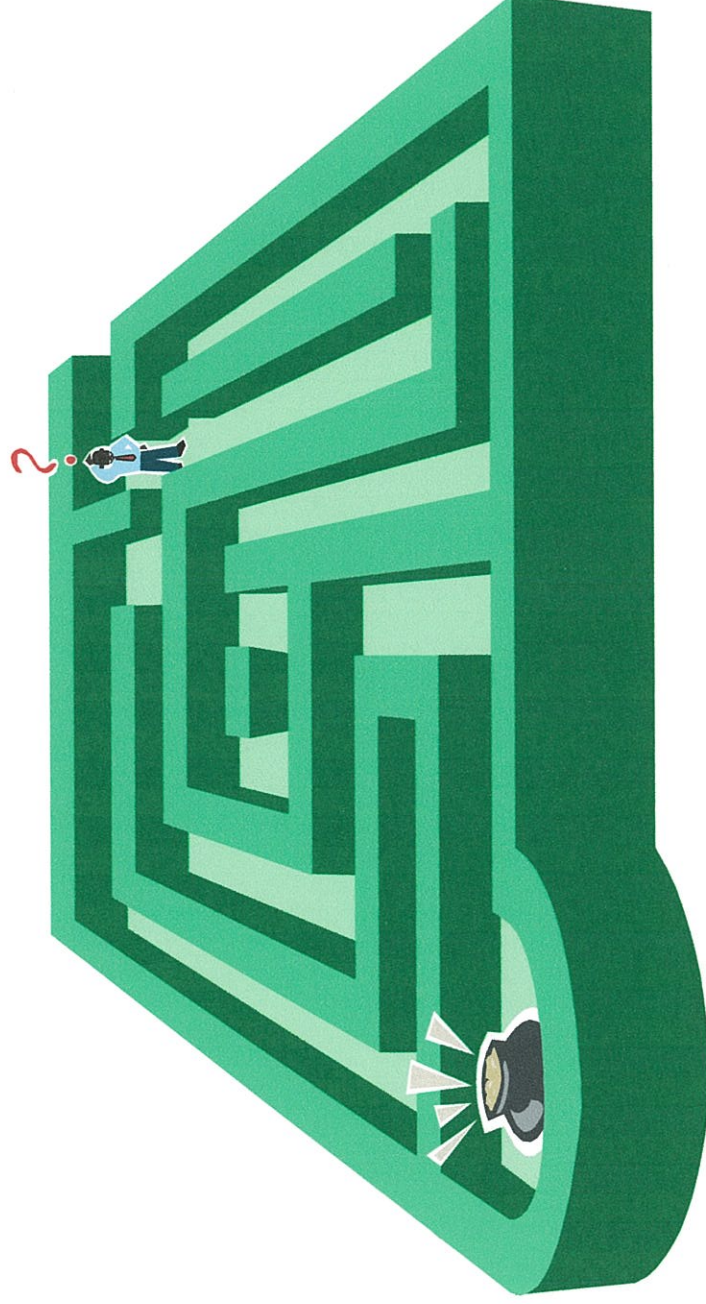
**“Life Luggage”** - this activity is designed to help the child recognise where the problems are in their lives and develop strategies for coping with them. They can attach a concern to the back pack (this can be a practical task rather than a paper exercise) and then attach a balloon to each difficulty as you decide how it will be dealt with.

**“The Maze”** – Life at the moment may be confusing, with different conflicting feelings and thoughts. The child draws themselves in the maze and finds solutions to get through the twists and turns looking for solutions which explore blame for their situation. The child can name a difficulty at each turn which they can then write down or draw the solutions or ways out, however unusual, fantastic or imaginary then try to turn the ideas into reality.

Life luggage



## The Maze



## Problems

## Solutions

## **Feelings Diary**

**This strategy allows the child who finds it difficult to verbalise how they are feeling at any point in time in a different format.**

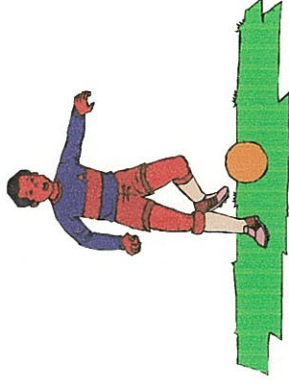
**They can draw, write, use photos – whatever helps them express what is going on inside their minds.**

**They can record positive things that are happening as well to help them understand that it is still fine to be happy and enjoy life. It may also help the child who finds it difficult to see the positive to record one good thing a day in their lives.**

**Adults could also support this by recording all the positive things they see about the child every day.**

## **SUNDAY**

How am I feeling today?



# **FEELINGS DIARY**



**SUNDAY**

How am I feeling today?

# **FEELINGS DIARY**



**MONDAY**

How am I feeling today?

**SATURDAY**

How am I feeling today?

**SUNDAY**

How am I feeling today?



# FEELINGS DIARY

**FRIDAY**

How am I feeling today?

**TUESDAY**

How am I feeling today?

**WEDNESDAY**

How am I feeling today?

**THURSDAY**

How am I feeling today?

## The Rainbow

This is to give the child the opportunity to reflect on positive things, to ease feelings of guilt and self blame. This can expanded into a practical task – painting, collage, using buttons etc





Where in the world would you like to go to see  
a rainbow?

## The Newspaper

This activity may give the child an opportunity to “report” their view of the arrest/ charge of the person they care about.

They can write or draw / stick in photos to create their own version of what has happened.

If they have not been told the full story, it may give them a way of recording or explaining what they think has happened to the adult.

It may also be used as a tool to express their anger – this may be against the adult, or the Police, or the “victim” if there is one.

# The Daily Gossip




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Volume 1, Issue 1
Newsletter Date

**Special points of interest:**

- 

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## Me and my friends

This activity gives the child the option to discuss how their friends have reacted when they know that the parent has been arrested, or is in custody.

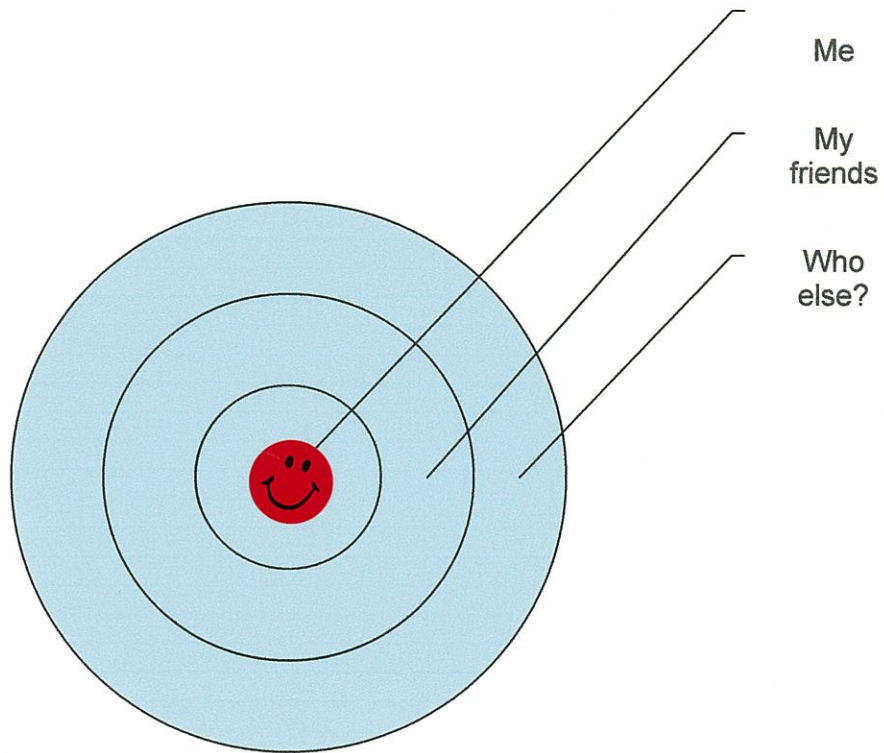
They can talk about who stays close to them and is still a friend and locate them in their near circle either by drawing, painting or modelling in playdoh.

They can revisit this activity if the situation alters and work out ways of dealing with their less loyal friends.

The "who else" circle allows them to identify other people they can turn to if someone is giving them a hard time either in school, or in the community.



# Me and my friends



# Me and my friends

