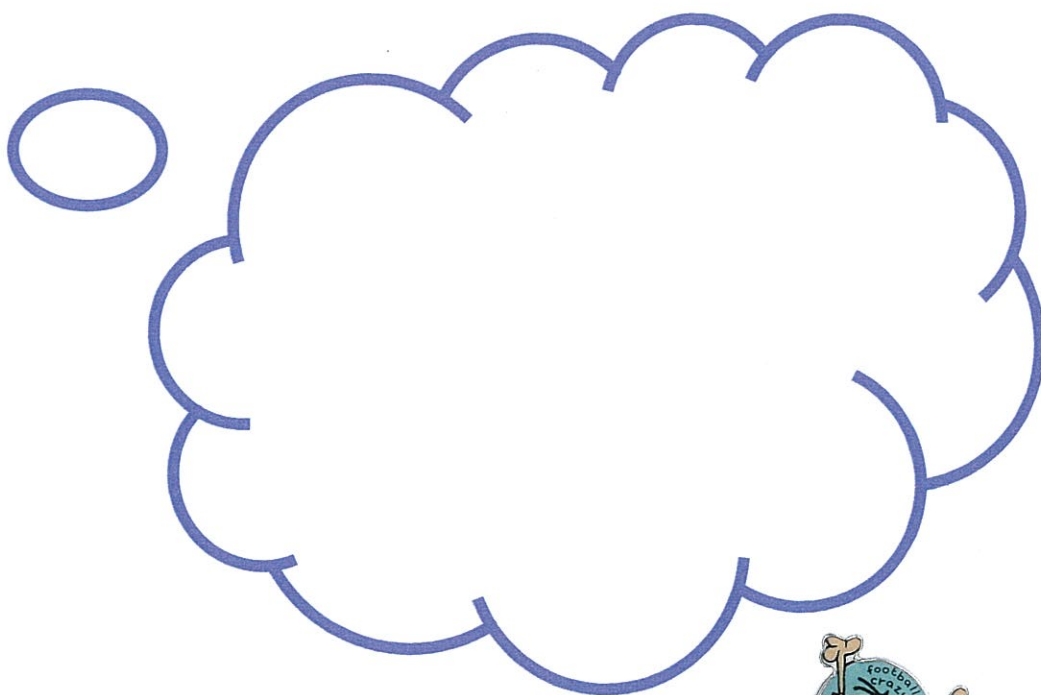
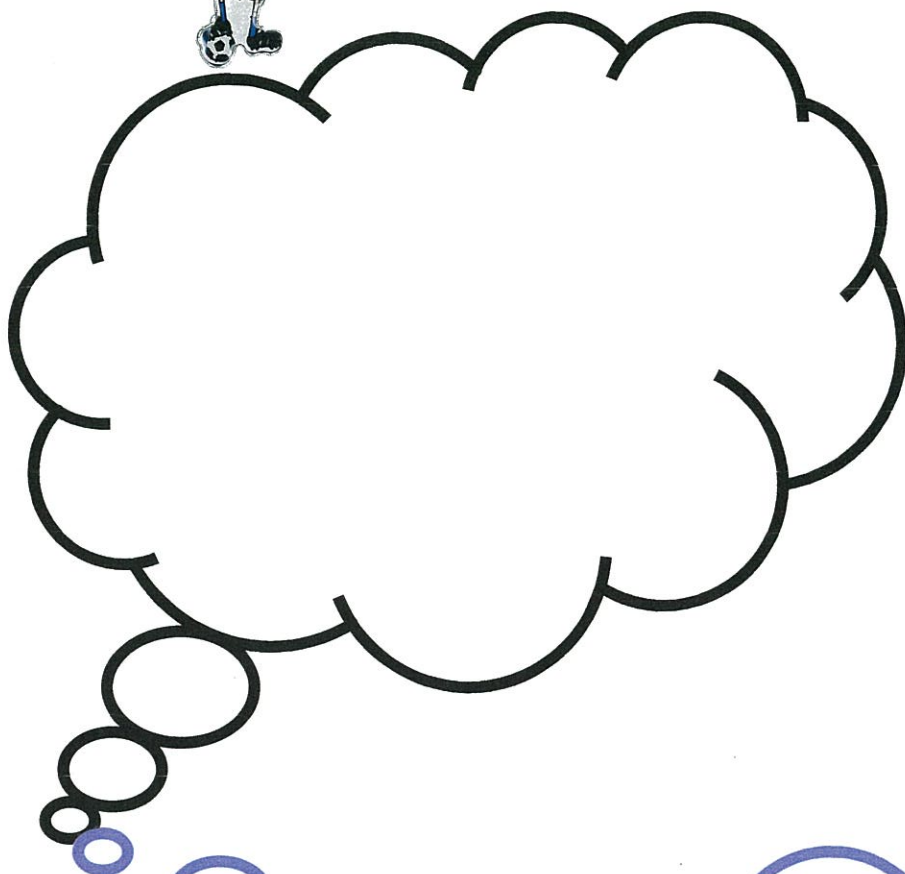


## **Moving On**

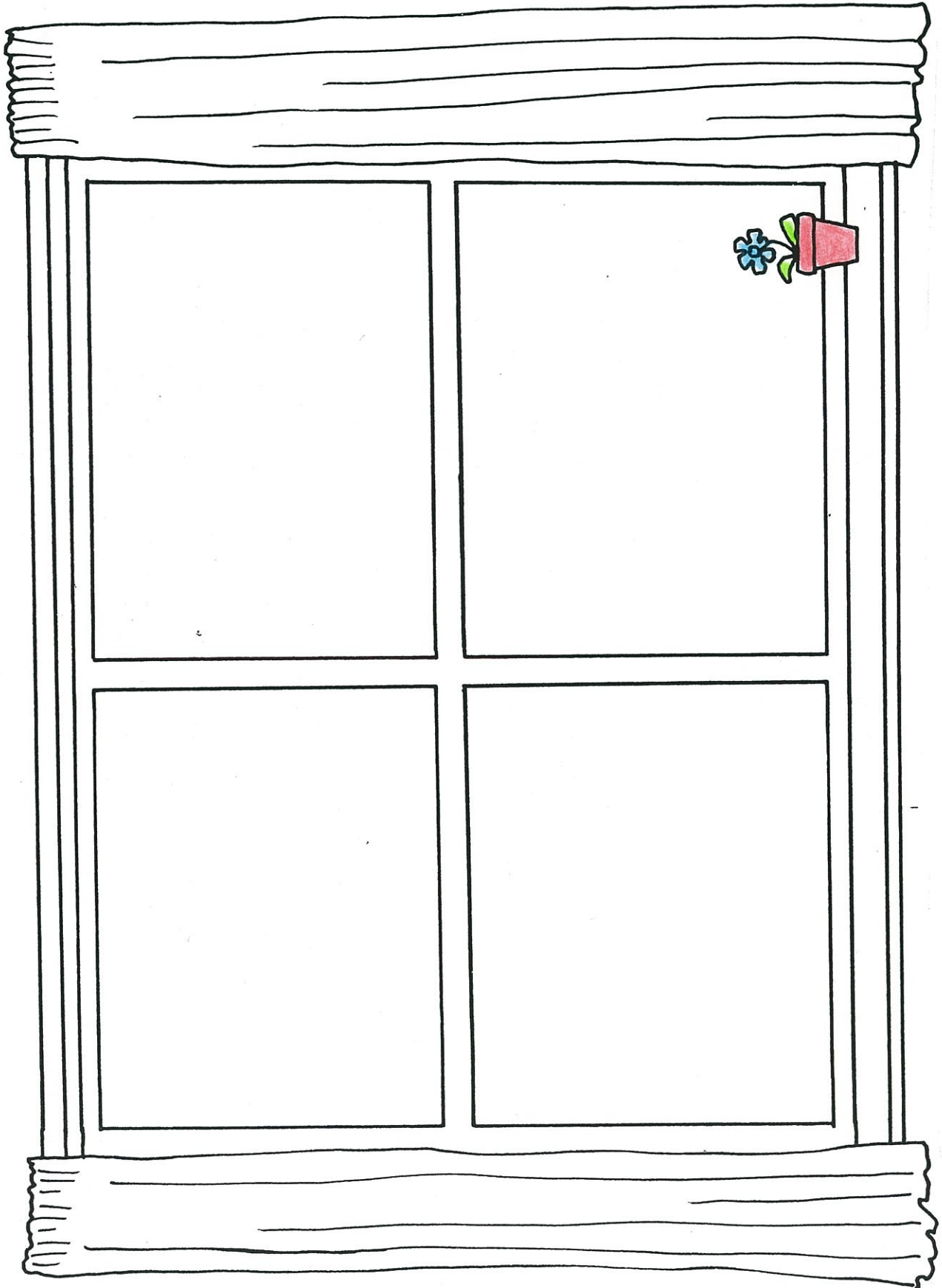
- **Growing up with the adult in prison**
- **How do I cope?**
- **Maintaining the relationship**
- **I'm locked in too**
- **What will release be like?**
- **The future**

From Hell to Heaven



Window to your future

**You still have your life to lead.  
In each section of the window, draw something you  
want to achieve in the future.**



## The Hand

**Draw round your hand.  
Fill it with all your hopes and dreams for the future –  
make it as beautiful and imaginative as you can.**



## The Jigsaw

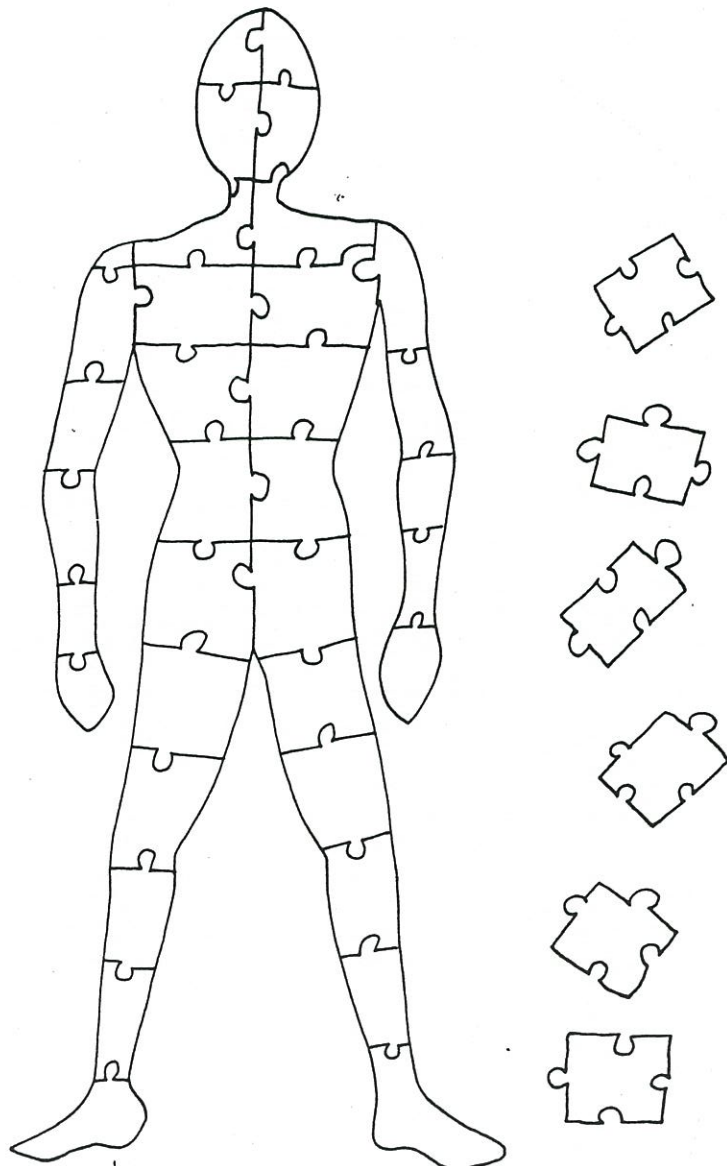
Write down the characteristics that people in your life think you have.

Give each characteristic a colour – e.g. angry – red, strong – green.

Colour in the body pieces equal to the level of the feelings and characteristics. People might think you are sad a lot, so you will colour in several pieces in your sad colour.

But you might think people are wrong – use the small pieces to change the feelings to what you really feel, not what others think.

Now YOU have control of your feelings, not other people.



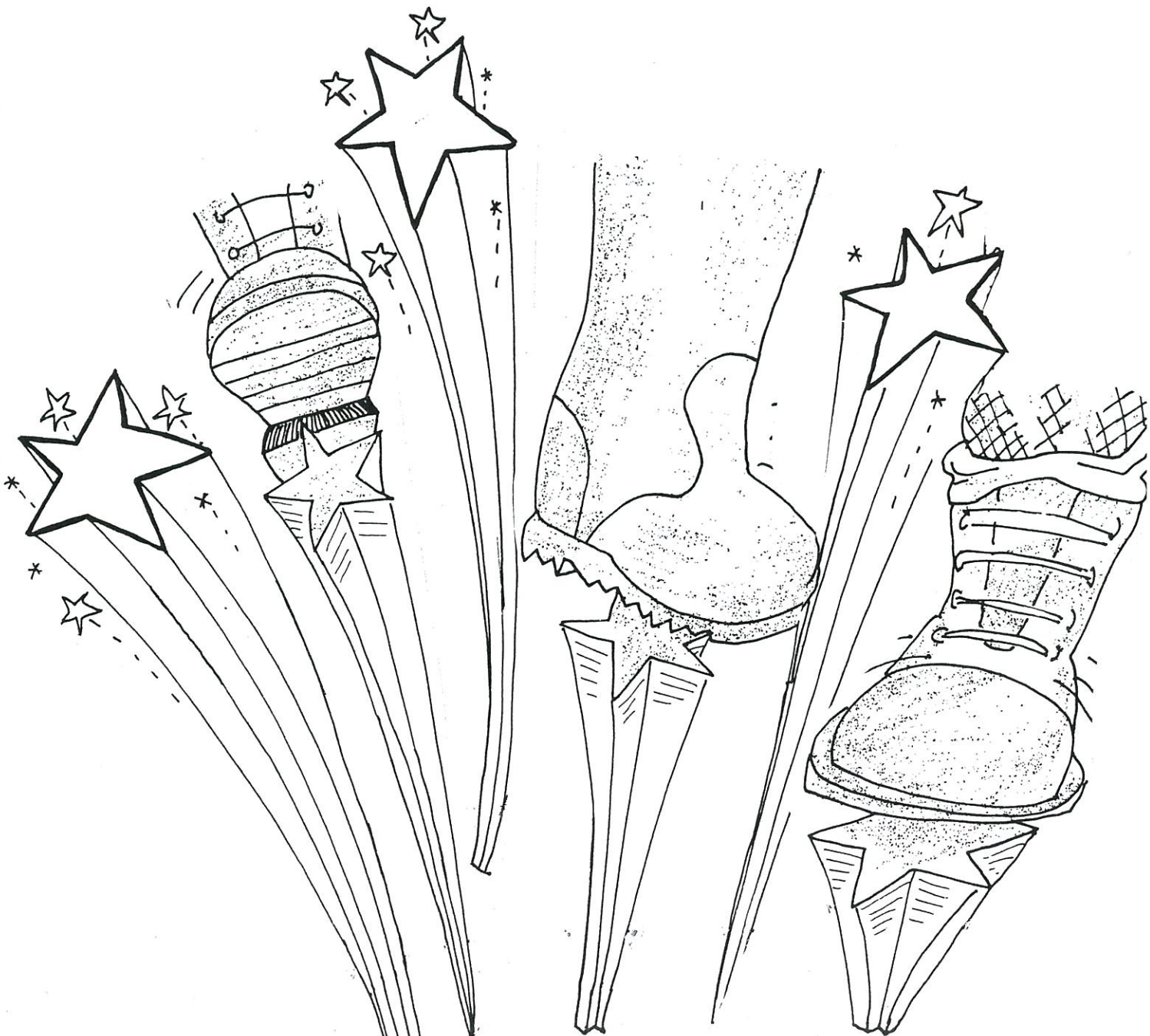


## Stopping you achieving

On the stars, write what you know you can achieve at home or at school.

Write on the boots what might be stopping you e.g. "I want to join the school football team" but the boot might say "You can't do that - it's far too frightening starting something new."

Why does the boot think this? Why do the other boots have these ideas? Think of ways you can get round the boots' objections.

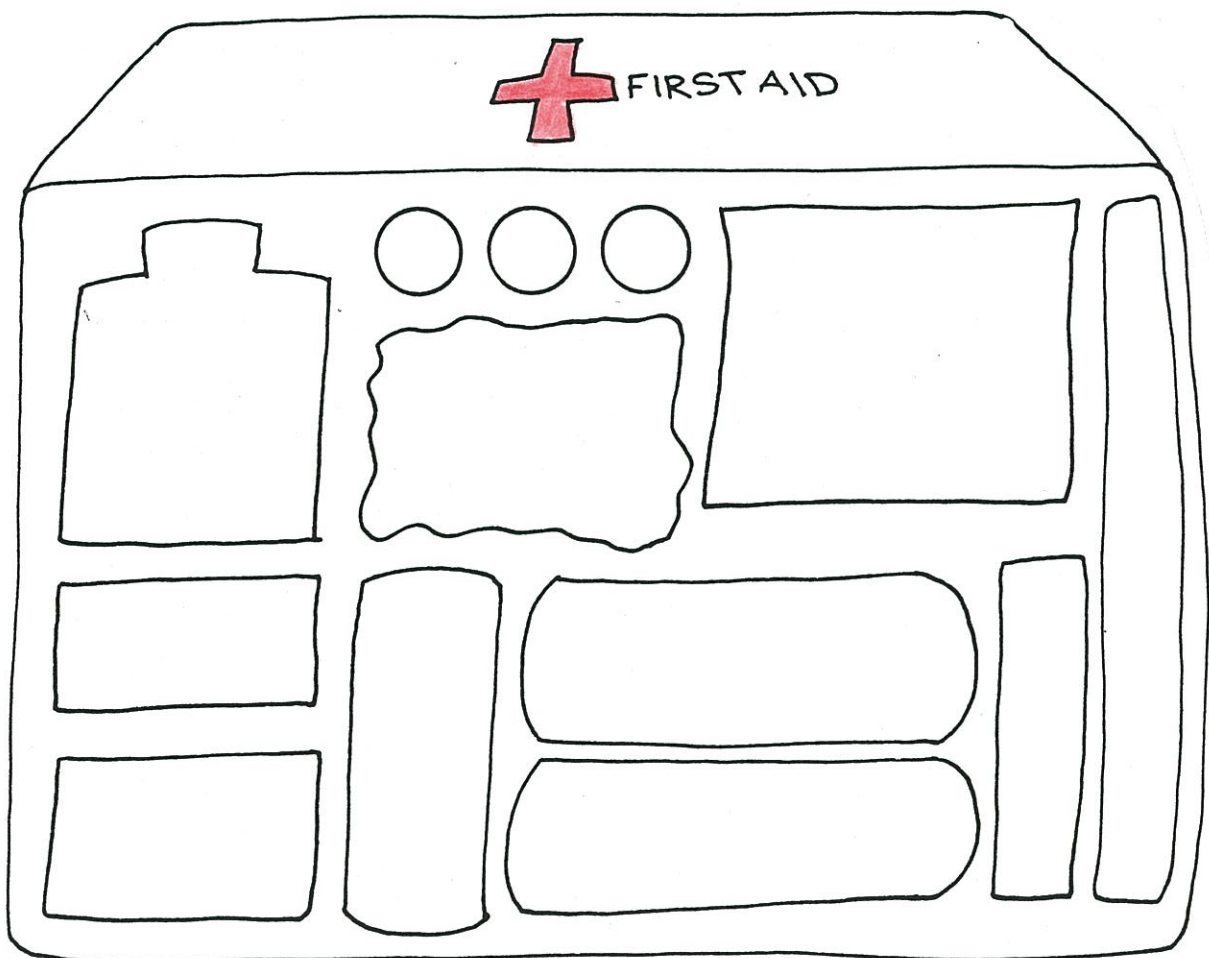


## First Aid Kit

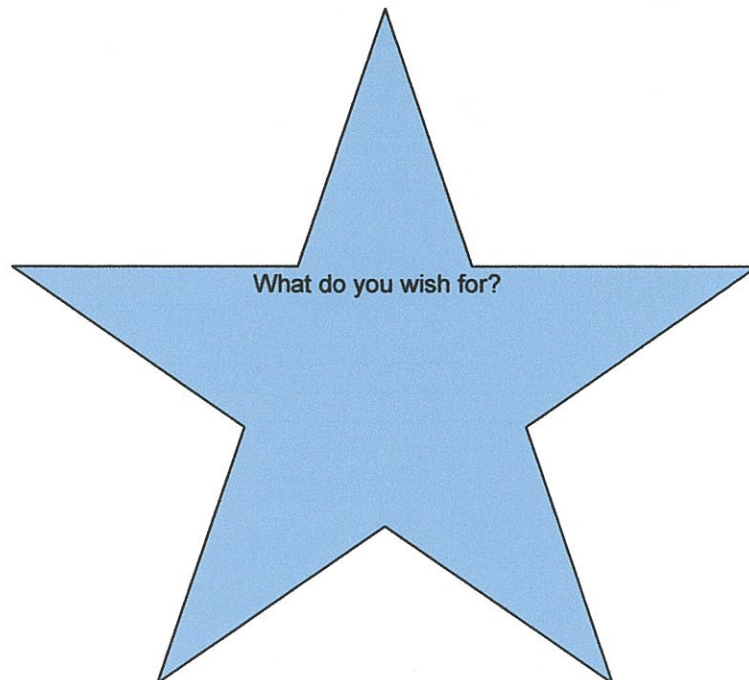
When things get tough, what do you do to make yourself feel better?

Draw the problems around the First Aid box and then how you can make each one feel better inside the shapes in the box.

Keep the picture in handy place to remind yourself how to cope.



Star light, Star bright  
First star I see tonight





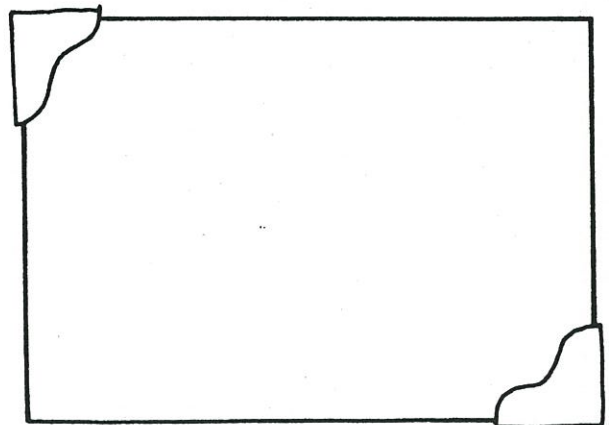
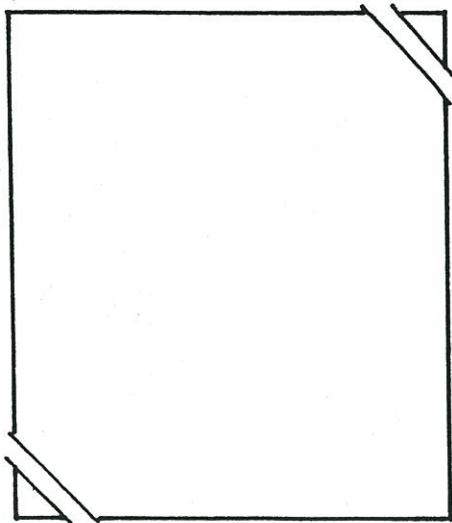
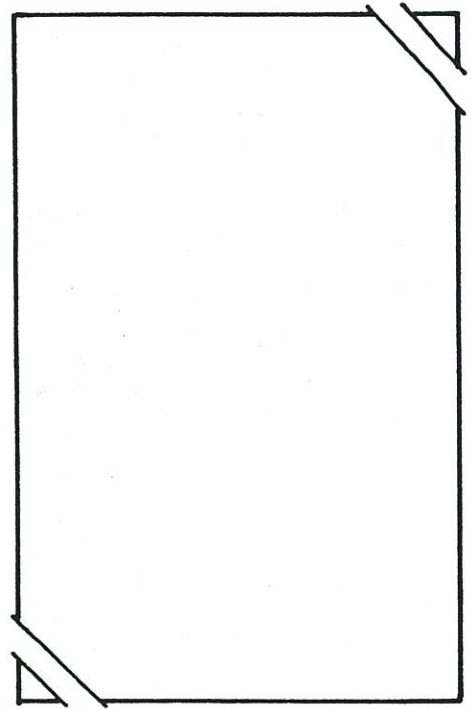
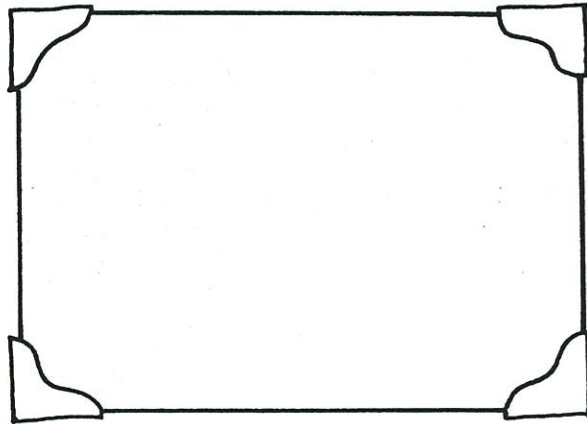
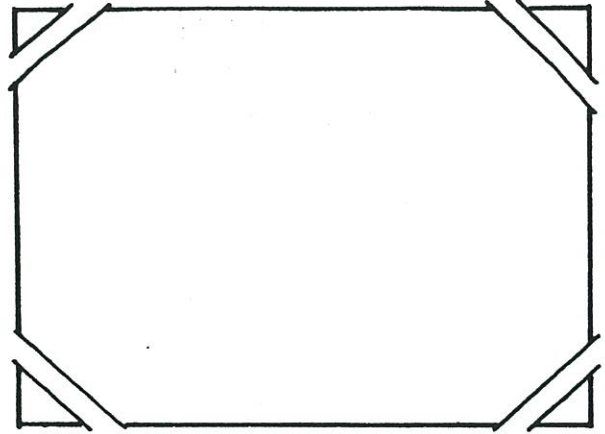
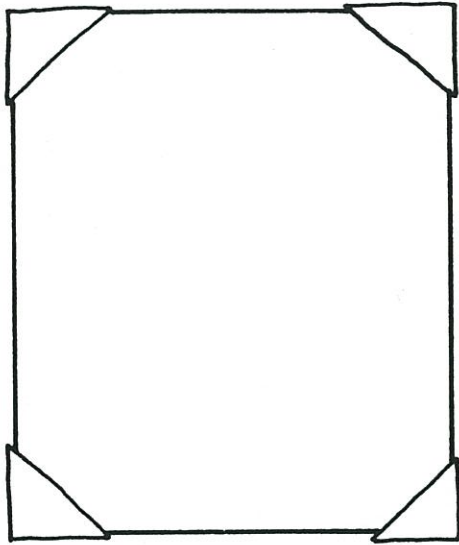
# *Photograph Album*

**In the frames, draw or write the names of people who you feel are very special and who may have added special things to your life.**

**It does not matter if they are people in the past or present.**

**Now imagine what they would say to you to support or encourage you if they were here. Write what they would say.**

# PHOTOGRAPH ALBUM





## Happy Families?

<p><b>What will it be like when ..... comes home? Will it be the same?</b></p>	
<p><b>Will there still be drugs and drinking?</b></p>	
<p><b>Will ..... be able to get a job?</b></p>	
<p><b>Will I be in trouble again?</b></p>	
<p><b>Will ..... go back to prison again?</b></p>	
<p><b>Do I trust what I am told? Will we really go on holidays and everything is all perfect?</b></p>	
<p><b>Will people fight again?</b></p>	

**Write what you think in the boxes that apply to your family.**

