

# A rucksack of worries

## Goal

An activity for families to do with children and young people about managing worries.

## Opening activity

Ask the group to remember times when they had a worry they were able to deal with in a way that gave them some peace.

## Talking, thinking, or doing activity

The activity sheet creates a space where families can unpack individual worries, and work through them together, finding solutions or ways of coping when life is hard.

Talk as a group of adults about the types of worries children might have. Make some lists together to find ways we can support each other in helping our children through their worries.

- Things we can do as adults to support children and young people in talking about their worries.
- Things that are out of our control as individual family members.
- Personal resources we have that can help us, for example being good at problem-solving, or having access to spiritual support.
- Places where we can get information about the lives of imprisoned family members to share with our children and young people.
- People or groups we can draw on for support in helping our children manage these difficult worries.
- Ways we can take advantage of our natural environment to give children and young people a strong sense of belonging and safety, even when life is hard.

## Debrief or closing activity

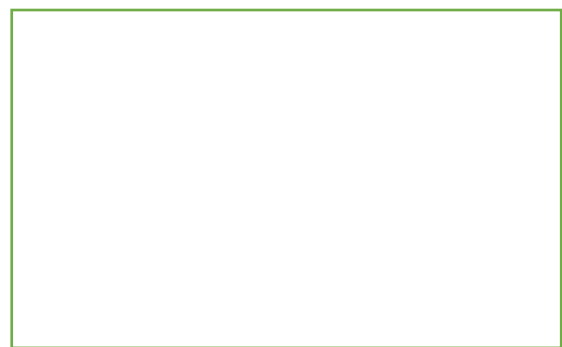
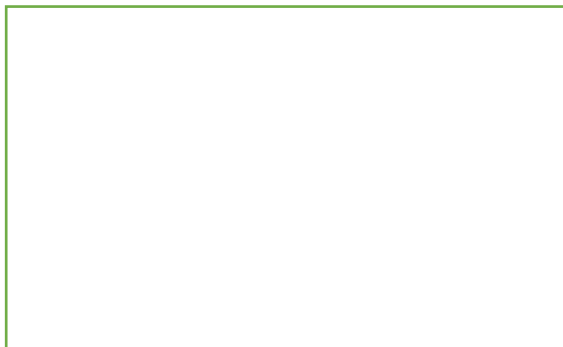
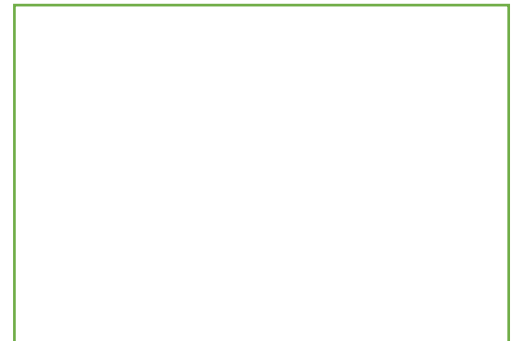
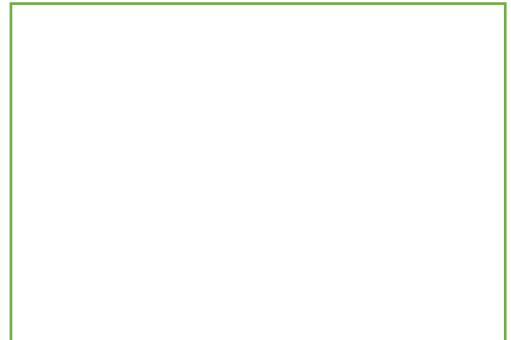
If you have access to fabric and sewing materials (thread, needle, scissors), each group member could make a small worry bag to take home to use with their children. You can find instructions here: <https://www.kids-sewing-projects.com/drawstring-bag.html>

## Activity sheet #

Sometimes it feels like our worries about our family members in prison are very heavy. They feel like big worry rocks we are carrying around in a rucksack.

It is really important that we listen to our feelings, even when they are worries. If we try to ignore our feelings, sometimes they come out in ways we do not like. Although some feelings are very big, uncomfortable, or difficult, there is no such thing as a 'bad' feeling. They all tell us something about our lives and ourselves, and they need to be listened to.

Draw or write about each of your worries in your own worry rucksack.



Which of your worries can you share with someone else?

Which of your worries are just for a short time?

Which of your worries can you let go of?

Which of your worries can an adult help you with?

Which of your worries can a friend help you with?