

Expressing Yourself

Goal

To help individuals to express their feelings and remind them that they are not alone.

Opening activity

Ask them to consider and share how they are feeling at the beginning of the session. Do they feel isolated, angry, sad etc.

Talking, thinking, or doing activity

This activity is designed to remind families of prisoners that they are not alone – someone in their neighbourhood, town or city is likely to be experiencing similar feelings as them. This activity is a way for individuals to feel connected, whilst working through their thoughts and feelings. Research tells us that doing something creative can also help us to feel calmer.

Children and young adults might also like to decorate their hearts whilst they are thinking about how they feel.

Debrief or closing activity

Encourage them to keep and refer to the messages/words of support regularly to remind them that they are not alone.

Group Activity sheet

Think of one or two words to describe how you are feeling and share them with the group.

- Isolated
- Sad
- Overwhelmed
- Relieved
- Worried about what people will think of you and your family

Next, draw and cut out the heart below and write one or two kind words or messages to yourself.

Remind yourself that you are not alone – someone in your street, neighbourhood, town, or city is likely to be feeling similar emotions to you right now.

Now draw a heart for someone who is in a similar situation as you and write kind words or a message for them.

Give the heart to them and explain why you chose those words/message.

You can do this for as many people you like during the session.

