

## Children's Connection Curriculum

Session Topic: Incarceration (Journaling through the changes)

Developmental Level: Elementary and Middle School

Purpose: To help the child to process the personal exploration of feelings and thoughts while dealing with the incarceration of a loved one.

Materials Needed: Pen/Pencil, Notebook for every student to take home for a journal, "Journaling Ideas" handout

Description of Session: Hand out a Notebook for every student to take home to use as their journal. Give the children some time to decorate and personalize the journal. Encourage the children to write in the journal as often as possible. Explain that this is for them to express feeling; happy, sad, angry, etc.. Simple writing exercises will help with both mental and physical health. Even if writing is difficult for the child, explain the journal is just for them to express their thoughts, dreams and changes they want for the future, anything that's on their minds. Tell the children to put the journal in a private place, the journal is for your special thoughts and feelings, so no one will be able to read it. Set aside a special time, before bed or in the morning to do some journaling. Try to commit to 3-5 minutes a day.

Discussion Questions:

1. Go over Journaling Ideas handout
2. The benefits of journaling
3. What to do with reoccurring themed entries

Reference: Children's connection Counselors