

Children's Connection Curriculum

Session Topic: Incarceration (Staying in Touch, Memory Box)

Developmental Level: Elementary or Middle School

Purpose: Helping students to stay in touch and connected with their family member who is incarcerated.

Materials Needed: Shoe Box, pieces of paper, pen/marker/pencil, stickers, and foam letters, etc. to decorate shoe box

Description of Session: Provide each student with a shoe box. Explain that this will be their memory box to keep special memories of times or things they have done with their family member who is incarcerated. Have each student decorate the box as they please. Encourage students to write on pieces of paper, memories with their family member, things they have done together, happy times, etc. Encourage students to add to their box whenever they think of a special memory they want to add. Tell students that when they are feeling sad and missing their family member, they are able to take a slip out of the box and be reminded of the special time together with their family member.

Discussion Questions: Encourage students to connect feelings with the memories that they are writing down. Have students share their memories with other group members. Validate feelings of sadness and help them to see and understand when they are sad, that it is ok, and that these memories will help them feel better in these moments of sadness.

Reference: Children's Connection Counselor