



WITCHLETS UK

For Pagan and Heathen families

LET'S TALK

You will have seen in the media that Stonehenge was desecrated by JSO on the 19th June 24. Many Pagans are devastated by this news as Stonehenge is a holy place to them, especially ahead of the Summer Solstice. As adults, we may be angry, hurt and want answers. Our children will have these same thoughts and feelings too.

Witchlets have put together this "grief in the media" pack to support you in helping your children process these emotions.

HELPFUL TIPS

First and foremost, you must regulate yourself. Although it is important to show your own pain when discussing a bad event with a child, it can often be detrimental to use words of anger or hatred.

When you approach this, try to do so calmly and objectively.

Consider age-appropriate language. Younger children may struggle to understand the complexities of legal protesting for example.

Be prepared for questions at a later date. Often when children are given bad news, it takes them some time to process it. There may be questions days later than the activities. Be prepared to make time for these so the child knows their thoughts are valid.

Reassure them that they are safe, but do not try to "make it better".

Often when we present bad news or grief, the instinct is to try to make the child feel better immediately, but this can often invalidate their feelings. Tell them that it is okay to be sad or angry and reassure them that it is a safe space to do so. Remember, you don't have to have all of the answers.

CONVERSATION CARDS

Who are JSO

How do
others feel
about JSO

How do I feel
about JSO

Where did
they do it

How others
feel about
Stonehenge

Where was I
when it
happened

When did
JSO do it

When did
they stop

When did I
find out

What did
JSO do

How others
feel about
them doing it

What do I
feel about it

Why they
think they
did it

How others feel
about
Stonehenge
being painted

How I feel
about
Stonehenge
being painted

CONVERSATION CARDS EXPLAINED

Some of these cards may seem trivial or obvious to us as adults, but to a child vocalising these questions can help them to build self-awareness and clarity. Things like remembering where you were when it happened can help them to centre themselves in the universe. Questions that ask why JSO think they did it will help to create reason, which in turn helps us self-regulate. Often you will find that asking these questions will lead to questions of their own.

A BALL OF EMOTIONS



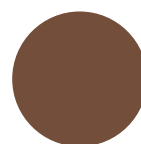
Imagine a ball of lots of strings that have got knotted up together. That is what pain and grief are like. Try visualising this with the child by either drawing a ball or getting some string. Talk after about how we can begin to unravel this ball. Use this key to help.



SADNESS



PAIN



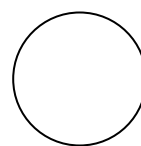
RESENTMENT



WORRY



ANGER



FORGIVENESS



SHOCK



CONFUSION



ANXIOUS

ASK YOUR QUESTIONS

Imagine you had one of the perpetrators in front of you now. What 3 questions would you most like to ask?

1

2

3

BUILD A FEELINGS JAR

Draw items in this jar, or find items around the house to put in a jar that represents your feelings.



WRITE A NEWS ARTICLE

Take time to write an article about why Stonehenge is a special place, and what it means to you.

WITCHLET TIMES

