

Children of Military Families

workbook

Children Teaching Children
About Military Families

A Professor Child Production



www.professorchild.com

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Introduction

Thank you for your purchase of Professor Child's film, *Children of Military Families*. We hope this corresponding workbook will help children express their feelings through discussions and creative exercises.

When a child begins the workbook, we suggest watching the film one chapter at a time and completing the chapter's discussion questions and exercises before moving on to the next chapter. Focus on one or two chapters at a time to ensure the child has plenty of time to absorb the discussion questions and exercises.

At Professor Child, we believe in the power of children teaching children. Because of this, at the end of many workbook chapters there is a section called "Professor Child." This section gives kids an opportunity to develop their own creative exercises to help themselves and other children in the healing process.

Throughout the workbook, we refer to a "safe person." Please take the time to discuss the definition of "safe" with the child with whom you are working. You may define a safe person as someone who is dependable and trustworthy and will protect him or her from harm. Make sure the child understands that a safe person is someone in whom they may confide without fear of a negative consequence. Follow up with this question: "Who would be safe for you to talk to?"

We encourage you to provide us with feedback on the film and workbook. We love to hear from parents, counselors, teachers, and the children who use our tools. Please email your Professor Child workbook ideas to sharon@professorchild.com, as we may use them for future topics. Thank you.

~ The Professor Child Team

Chapter 1: My Story

"My name is Kaden and my father serves in the U.S. military."

Discussion Questions (Choose any of the following):

- 1) What is your name? How old are you?
- 2) What branch of the military does your loved one serve?
- 3) How do you feel about being part of a military family?

Exercises (Choose any of the following):

- 1) Draw a picture of you and your family.

My Family



- 2) Write your idea for a creative exercise to help kids share what it's like to be part of a military family.



Chapter 2: Deployment

“When my father gets deployed, for me it means separation. I don’t get to see him for a long period of time.” Rylee

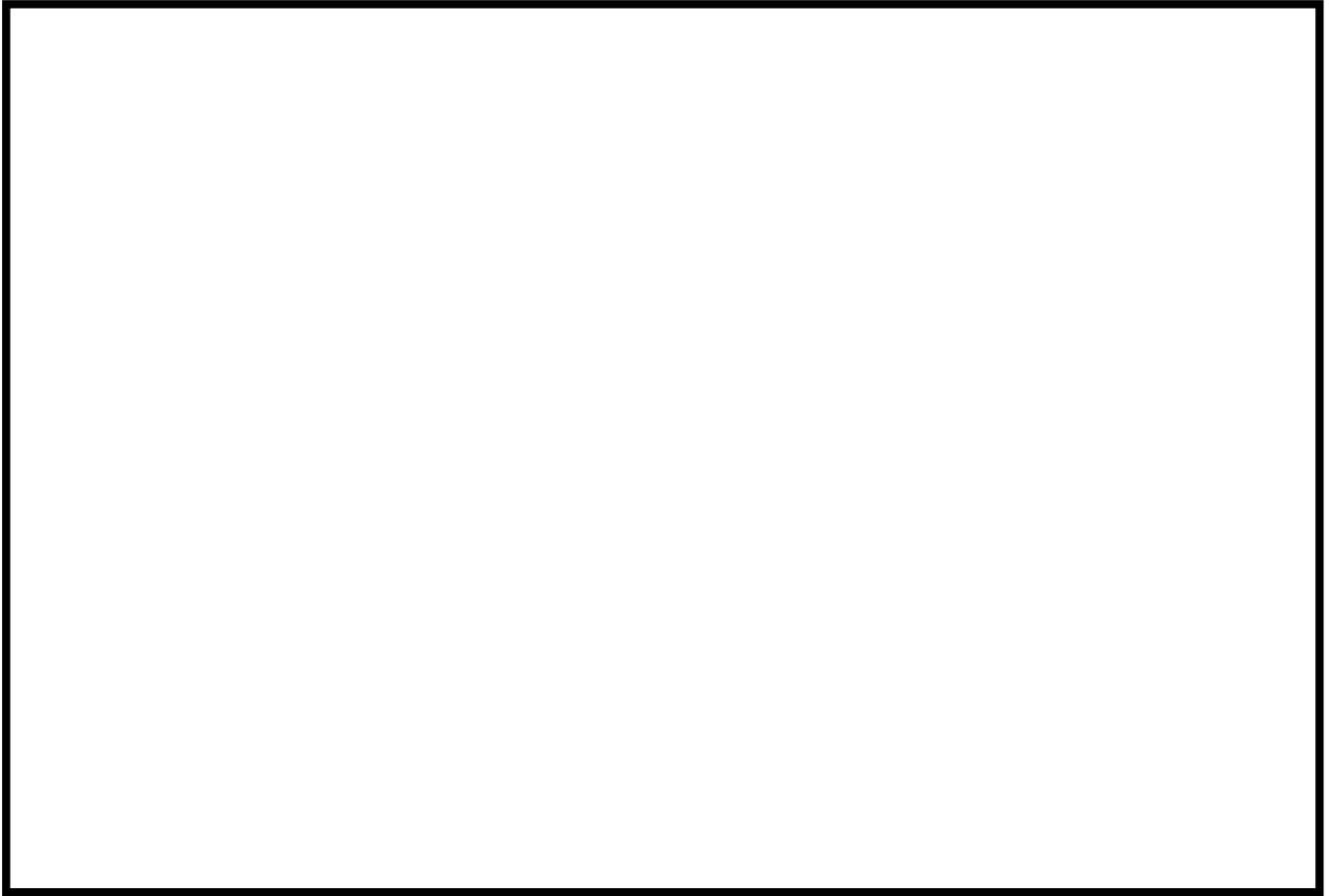
Discussion Questions (Choose any of the following):

- 1) What does deployment mean to you?
- 2) How does deployment make you feel?
- 3) If deployment were a color, what color would it be? Why?
- 4) If deployment were an animal, what animal would it be? Why?

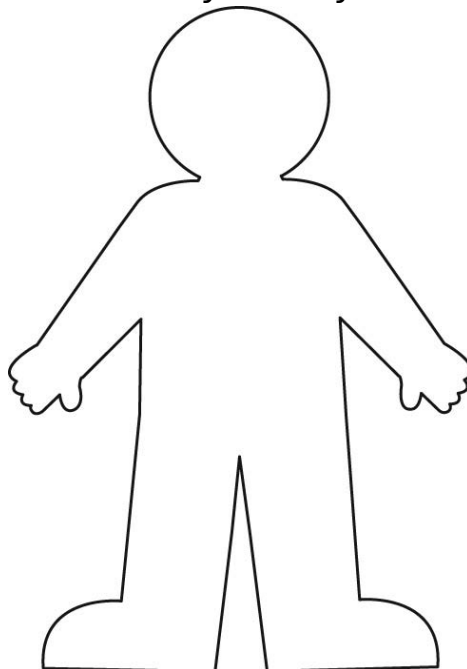
Exercises (Choose one or more of the following):

- 1) Draw a picture of the animal you feel represents deployment.

2) Draw a picture of what deployment looks like to you.



3) What does deployment look like inside your body?



4) Deployment Support List:

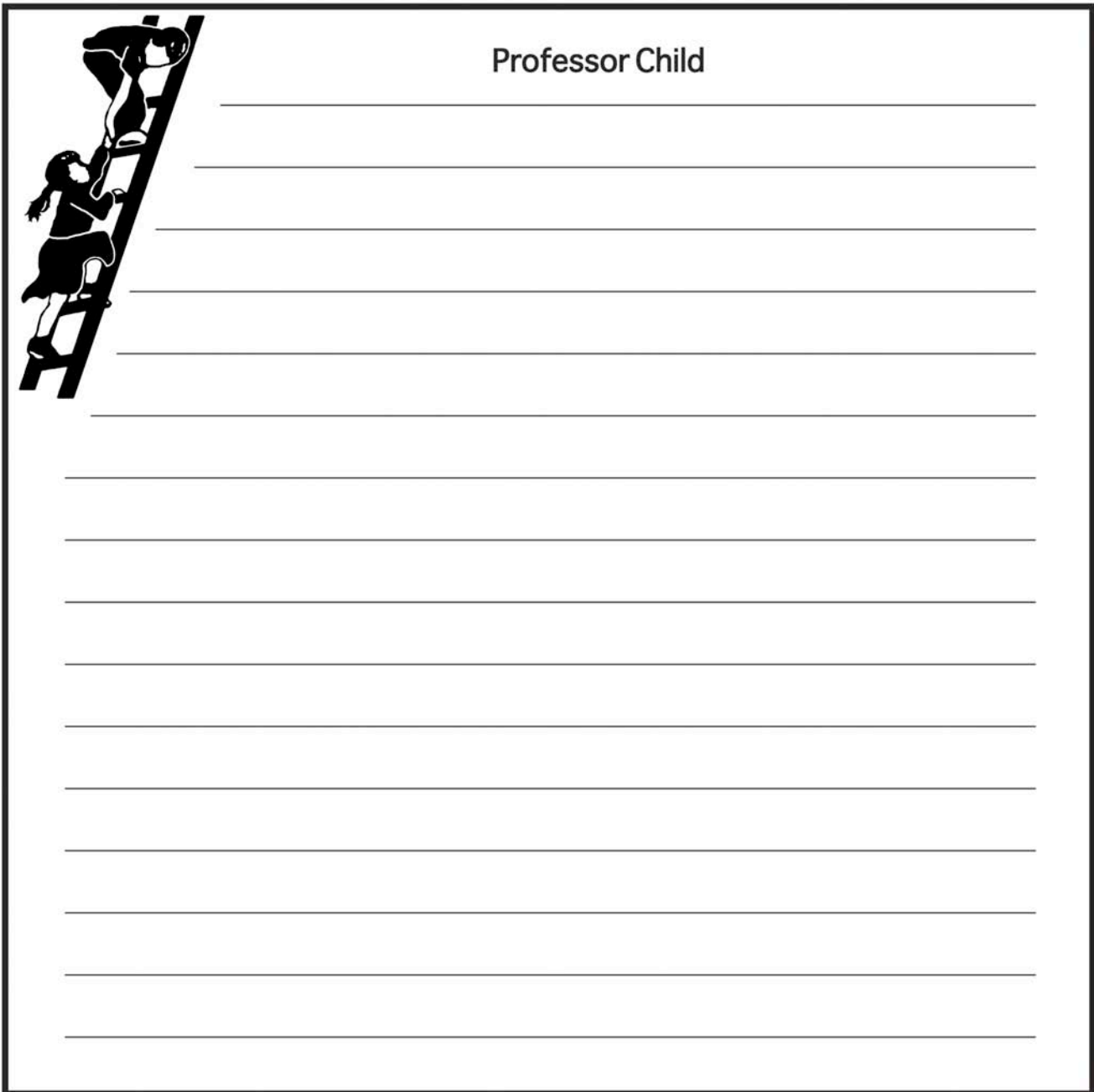
Create a deployment support system. List the names and phone numbers of all the people who love and support you. When you are in need of someone to talk to, pull out this list and call one of these people.

Name

Phone Number

[illegible]

- 5) Write your idea for a creative exercise kids can do to show what deployment means to them.



Chapter 3: We are Unique

"I learned that there was only one parent out of 100 that works in the military. That kind of hit me as I'm really different from a lot of people." Tatiana

Discussion Questions (Choose any of the following):

- 1) Adam does not know any children of military families in his school. Do you know any children of military families in your school? If so, do you talk with them about being part of a military family? If not, what could your school do to help connect children in military families?
- 2) Kaden said most kids don't know how it feels to have a parent gone for a long time (once his father was gone for two years). What do you think about what Kaden said? How would you explain what it is like to be part of a military family?
- 3) Khirah is quiet when she is at school because she thinks about her dad "24/7" when he is away. She thinks about how many more days until he will come home, what he is doing and how much she wants to see him. How often do you find yourself thinking about your loved one? What do you think about?
- 4) Rylee feels his family is closer than most because they have to depend on one another when a family member is deployed. Do you feel your family is closer because you are part of a military family? Why or why not?
- 5) Kayla doesn't like to talk about the military because it makes her sad to think about her father being gone. Do you talk about the military with others? Why or why not?
- 6) Tatiana became aware of how different she is when she found out only one parent in 100 is in the military. Do you feel you are different from others? If so, how?

Exercises (Choose one or more of the following):

- 1) Get Ready!
Get a ball. Stand in a circle (if in a group) or across from someone. When you are holding the ball, say one thing that is unique about being in a military family. When you are done, toss the ball to someone else who also says something that is unique about being part of a military family. Keep the ball moving from person to person until everyone runs out of things to say.

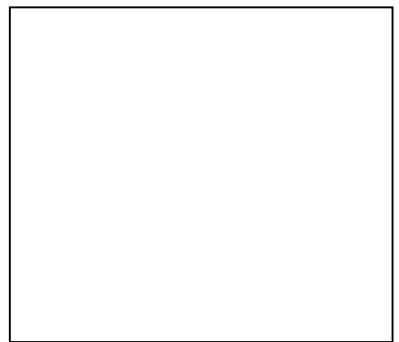
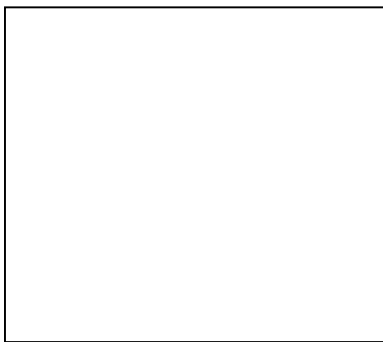
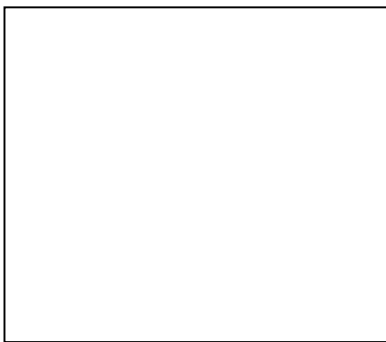
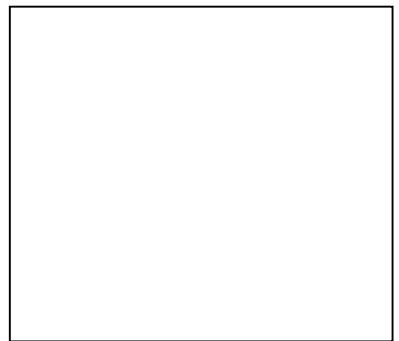
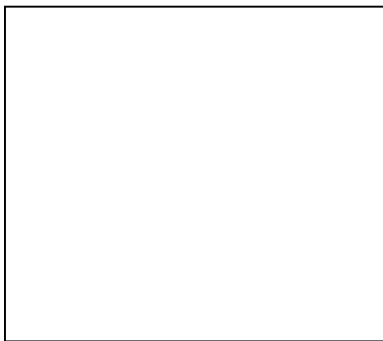
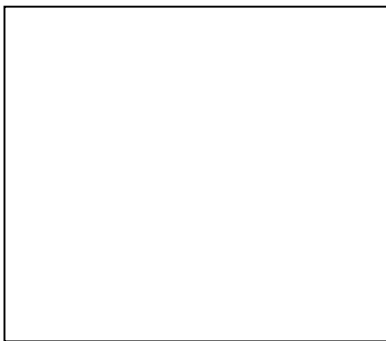
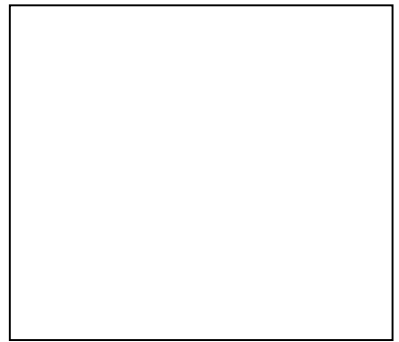
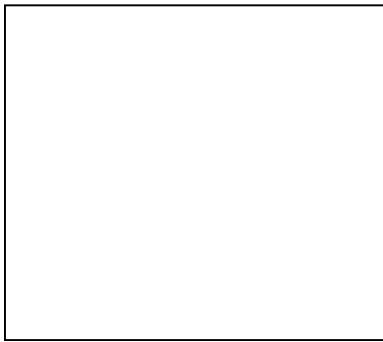
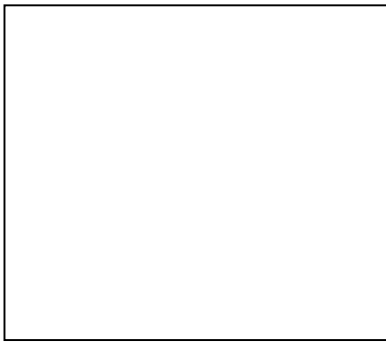
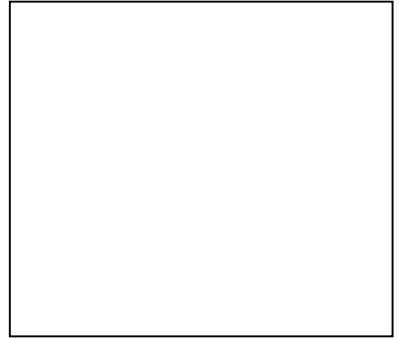
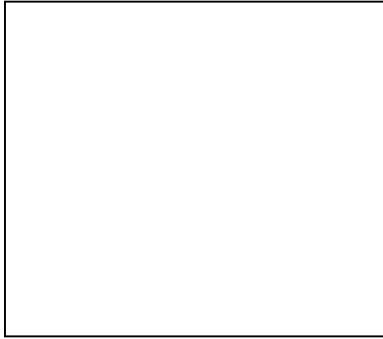
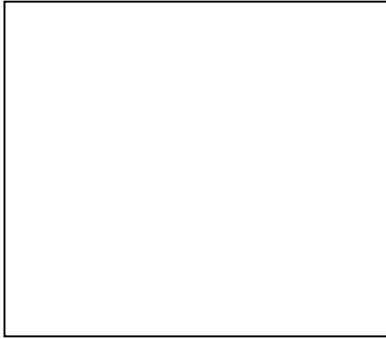
- 2) We are Unique:
This is an activity for two or more people. Cut out the squares of blank paper on the following page and put them in a pile. On each piece of paper, write down one thing that makes kids in military families unique. Fold each piece of paper and put it in a container. When everyone is done, take turns picking a piece of paper and reading it aloud.
- 3) Write your idea for a creative exercise to show what makes children of military families unique.

3) Write your idea for a creative exercise to show what makes children of military families unique.

[illegible]



Squares for Exercise #2



Chapter 4: The Good & The Bad

“What’s fun about being in a military family is you get to have more experiences.” Rylee

“Some of the hard things are money loss.” Gabriel

Discussion Questions:

- 1) Adam feels that moving has been hard. Just when he has made new friends and gets to know his school and town, he has to move again. Have you had to move? If so, what has it been like for you?
- 2) Annessa said that because of her experience with deployment, she knows how to comfort a friend whose parent is away. Have you comforted a friend because you understood what he/she was going through? What did you do?
- 3) Kaden misses the everyday things when his parent is away, like playing basketball together or getting help on the computer. What are some of the things you miss when your loved one is away?
- 4) Kaden likes that having a military ID gives his family discounts at some stores and places. What has your family used your military ID for?
- 5) Meaghan feels it is challenging when her parent goes away because she has to help more at home with her siblings and chores. Do you feel this way? What is expected of you at home when your parent is deployed?
- 6) Tatiana feels that being part of a military family helps her to face challenges and learn new things. What challenges have you faced and overcome? What new things have you learned?
- 7) Kayla has a hard time with her father missing her competitions, birthdays and holidays. Has your parent ever missed your birthday, a holiday or special event? How did it make you feel?
- 8) Rylee thinks it is interesting to learn what his parent is doing during an overseas deployment and about the people who live in that country. What have you learned about your parent’s job during deployment? What have you learned about people who live overseas?
- 9) What are the biggest challenges you face being part of a military family?

10) What are the best parts of being in a military family?

Exercises (Choose one or more of the following):

1) Worry/Challenge Role Play:

Write down some worries and challenges you have had during deployment. Give your list of worries/challenges to a partner. Have that person pretend to be you. Your partner will tell you all of the things he/she has been worrying about. Your job is to give your partner advice to help him/her feel better.

2) Make a Bead Necklace:

Make a worry bead necklace. Roll sculpting clay into small balls. Use a toothpick to put a hole through the center of the ball to make a bead. While you do this, say what worry each ball represents. Bake the balls on a cookie sheet according to the directions on the clay package. While the beads are baking, envision the heat cooking your worries away and turning them into beautiful beads for a necklace. String the beads after they have cooled.

3) Make Your Own Military ID:

Write in the places where you would use your military ID. What would it look like? How would you use it? Feel free to write in some places where you think there should be a military ID discount.

MILITARY ID

MILITARY ID

MILITARY ID

MILITARY ID

- The image shows a worksheet titled "Professor Child". On the left side, there is a black and white cartoon illustration of two children climbing a ladder. One child is at the top of the ladder, and the other is lower down. The rest of the page is filled with horizontal lines for writing.

Chapter 5: What Helps?

“What helps me feel better is looking at pictures of my dad.” Levi

Discussion Question:

- 1) Have you tried some of the things listed below? If so, what? Did it help? How? What else have you done to feel better during difficult times?

Child	Things that Helped
Adam	Being with his younger brother who is fun and playful
Annessa	Telling herself that after deployment, her family will be back together
Gabriel	Staying in contact with his dad who would do funny things on video
Kaden	Martial arts, movies, video games, hanging out with friends
Meaghan	Talking with her mom, staying connected to dad during deployment
Rylee	At-home parent giving him more freedom
Tatiana	Friends/family making her laugh and saying nice things about her family
Kayla	Being around and talking to other children of military families
Josiah	Church support, friends cooking meals and sending him cards
Levi	Looking at pictures of his dad
Your Name:	Things that have helped you:

Exercises (Choose one or more of the following):

- 1) Make a Mantra:
A mantra is a statement that is frequently repeated. Write your own mantra that will help remind you that you are okay. When going through hard times, say your mantra to yourself.

For example:

I am safe.

I am loved.

Fill in your own personal mantra(s):

1) _____

2) _____

3) _____

2) A Note of Thanks:

Write a thank you note to someone who has helped you through a difficult time. Tell them what they did that was helpful. Deliver the note.



thank you!

Chapter 6: What I Would Change

"I would change the deployment so it's only once in a while, like one or two times every two years." Kaden

Discussion Questions (Choose any of the following):

- 1) Annessa would like deployments to be a shorter period of time so she wouldn't miss her dad so much. How long do you think a deployment should last? Why?
- 2) Meaghan would like to change the deployment so her parent doesn't miss her birthday and the holidays. Has your loved one missed important times in your life? If so, which one(s)? What was that like for you?
- 3) Rylee would like his parent to be in a "less scary" job while deployed. Is this something you think about? What jobs has your parent had? How did you feel about it?
- 4) Tatiana would like deployments to be shorter rather than having leaves. She does not like having a short visit, going to the airport and saying goodbye again. She feels it is too emotional. How do you feel about leaves?
- 5) Adam would like people to know how sad he is when his family is away. He would like people to know about the pain and suffering he goes through. Do you want people to know how you are feeling? If so, what do you want them to know?
- 6) Rylee said it's important to remember why you have a parent deployed and what they are doing for you. What do you think he means by this? Why would it be important to remember this?
- 7) Josiah wants people to know it's not all about shooting and killing people. He doesn't like it when people ask him if his dad has ever shot someone. He doesn't think it's something to be proud of. Have you ever had someone ask you this? If so, what did you say?
- 8) Is there anything else you would like to change about deployment and leaves?

Exercises (Choose one or more of the following):

1) Reminder cards and Memory Box (a two part exercise):

Reminder Cards:

Part I: Make your own deck of cards by writing on the following pages what you would like to tell your deployed loved one, special memories of your loved one, what you have learned about yourself and what has helped during difficult times. When done, cut out each card so you have your own deck of “reminder cards.” During difficult times, pull out your cards as a reminder of special memories and what makes you feel good.

Memory Box:

Part II: Decorate a container, envelope or box to hold your reminder cards.

What I want my loved one to know...

A special memory of my loved one is...

What I've learned about myself....

What helps me during difficult times is...

What I want my loved one to know...

A special memory of my loved one is...

What I've learned about myself....

What helps me during difficult times is...

What I want my loved one to know...

A special memory of my loved one is...



What I want my loved one to know...

A special memory of my loved one is...

What I've learned about myself....

What helps me during difficult times is...

What I've learned about myself....

What helps me during difficult times is...

2) Write your idea for a creative exercise to help kids show what they would change about the deployment process.



Chapter 7: Homecoming

“The time I felt the most joy was when my dad came home.” Levi

Discussion Questions (Choose any of the following):

- 1) Adam said when his stepdad comes home after a deployment it is exciting and he is very happy. His family usually goes out for a nice dinner. What does your family do when your loved one returns home?
- 2) Annessa’s family ran and hugged her dad when he returned and stayed home together all day. When she first saw him, it took a while for her to get used to how he looked since she hadn’t seen him in so long. Did you ever feel this way? If so, how? If not, what else did you notice that was different after your loved one returned home?
- 3) When Kaden’s dad returned home, he immediately asked him to go outside and play basketball. What was the first thing you did for fun with your parent when he/she returned home?
- 4) Kaden was happy for his dad to be home, but also thought it was difficult because he had to get used to having two parents home instead of one. Was it difficult in some ways for you to get used to having your parent back home? If so, what was that like for you?
- 5) Khirah said when her father came back from deployment he seemed different and it was hard on her. When your loved one returned from deployment, did he/she seem different? If so, how? Why would a deployment change a person?
- 6) Rylee said when his parent comes home from a deployment he cannot stop smiling, even though he wants his parent to think he is being serious and has matured. Have you ever felt this way? Have you ever wanted your parent to think you had changed while he/she was away? If so, how?
- 7) Rylee said when his parent comes home he seems really stressed out, but he doesn’t know why. Why do you think a parent would come back home from a deployment and be stressed out?
- 8) Tatiana said her family takes things slow when her parent comes back so there is time to adjust. Why would her family need time to adjust? What are some things that may be different after a parent returns home?

- 9) Kayla said when her father returned home from a deployment she was really happy to see him, but it was also weird. What do you think she meant by this? Have you ever felt it was weird when a loved one returned home?
- 10) Josiah said one of his favorite moments was watching his dad walk toward him when he returned home. He said there are no words to describe how he felt other than it was the best day of his life. What were the first few moments like for you when your loved one returned home? Tell your homecoming story.

Exercises (Choose one or more of the following):

1) Plan a Re-Celebration!

What holidays or special occasions did your loved one miss while he/she was deployed? Plan a date to re-celebrate that occasion! Get some balloons, cards, bake a cake or do whatever you feel will help make the occasion fun to celebrate again, but this time with your family all together.

2) A Picture is Worth 1,000 words:

Remember the moment when you first saw your loved one in a long time? Was it when she came through a door? Or when he walked off a plane? Get some paper, paint and any other art supplies and get ready to be creative. Create what that moment was like for you on paper. Let the picture express how important that moment was to you.

3) Before and After:

Have you felt like your parent is different from the person he/she was before deployment? If so, draw a picture or write in words how that person was “before” deployment compared to “after” deployment. Share what you have created with a safe person and talk about the differences.

Before Deployment	After Deployment

2) Write your idea for a creative exercise to help kids share their homecoming story.



Chapter 8: Advice to Kids

“Stay strong.” Adam

Discussion Questions (Choose any of the following):

- 1) Adam’s advice is to stay strong. What are some things kids can do to stay strong during deployment?
- 2) Annessa’s advice is to always have faith your parent will return safely. What does faith mean to you? What are some things kids can do to have faith in their parent’s safe return?
- 3) Annessa said she used to hold in her tears, but she learned it’s helpful to cry because it gets it out of her system. Do you cry? If so, is it helpful? How? If you don’t cry, why not? Do you think it’s healthy for a person to cry? Why?
- 4) Gabriel’s advice is to try and smooth the bumps out. What do you think he means by this? What are some examples of the bumps? What are some ways of smoothing out the bumps?
- 5) Kaden believes it is important to stay calm. Why is this important?
- 6) Khirah’s advice is to always think about why a parent is deployed and remember they are doing it for a good cause. Do you think this might be helpful? Why?
- 7) Rylee said not to get too attached to a place until you know for sure you are going to stay because it’s hard leaving school and friends. What do you think about this advice? Have you tried not to get attached? Was it helpful? Hurtful?
- 8) Tatiana said to put yourself in somebody else’s shoes who has a harder life. Have you ever tried this? Did it work? If so, how?
- 9) Josiah’s advice is to find outlets for anger like a punching bag. Why would kids need anger outlets? What else would help get anger out?
- 10) Josiah’s advice is to journal about personal things you don’t have to share. Have you tried journaling? If so, what did you think about it?

Exercises (Choose one or more of the following):

- 1) You are the expert of a kids' advice column. Kids are writing to you for advice on the following scenarios:

#1: Dear Kid Expert,

I was at school yesterday and couldn't stop myself from worrying about my mom who is deployed. My teacher got upset with me for not paying attention in class. How should I handle this?

From,
Distracted

Dear Distracted,

From,
The Kid Expert

#2: Dear Kid Expert,

I am really proud of my parents for serving in the military. It can be really hard when other kids tell me that war is wrong and we shouldn't be fighting with other countries. It makes me really mad. What can I say to them?

From,
Full of Pride

Dear Full of Pride,

From,
The Kid Expert

#3: Dear Kid Expert,

I have moved a lot of times and had to switch schools in the middle of the school year. It's hard to make new friends when I move because it seems like they already have their own friends. What can I do to make friends when I go to a new school?

From,
Needs Friends

Dear Needs Friends,

From,
The Kid Expert

#4: Dear Kid Expert,

It is really hard having my dad deployed. I wish I knew other kids who are part of a military family so I could talk to someone who understands. How can I meet other military kids?

From,
Lonely

Dear Lonely,

From,
The Kid Expert

#5: Dear Kid Expert,

My father missed my birthday this year because he is deployed. It was hard to feel happy on my birthday because he wasn't there. He may even be gone for my next birthday. What can I do so I'm not so sad on my next birthday?

From,
Birthday Kid

Dear Birthday Kid,

From,
The Kid Expert

#6: Dear Kid Expert,

My mom is deployed and I haven't heard from her in three weeks. It is making me really worried. What should I do?

From,
Worried

Dear Worried,

From,
The Kid Expert

#7: Dear Kid Expert,

When my step dad is deployed, our family does not have much money to do anything really fun. Sometimes it's even hard to pay for groceries. What should we do?

From,
Penniless

Dear Penniless,

From,
The Kid Expert

#8: Dear Kid Expert,

When my dad is gone, I really miss the everyday things like playing basketball together and having meals as a family. What are some things I can do to help feel better when I'm missing him?

From,
Missing My Dad

Dear Missing My Dad,

From,
The Kid Expert

#9: Dear Kid Expert,

My parents just told me that my dad is getting deployed next week and I'm freaking out! Help! What should I do?

From,
Scared

Dear Scared,

From,
The Kid Expert

#10: Dear Kid Expert,

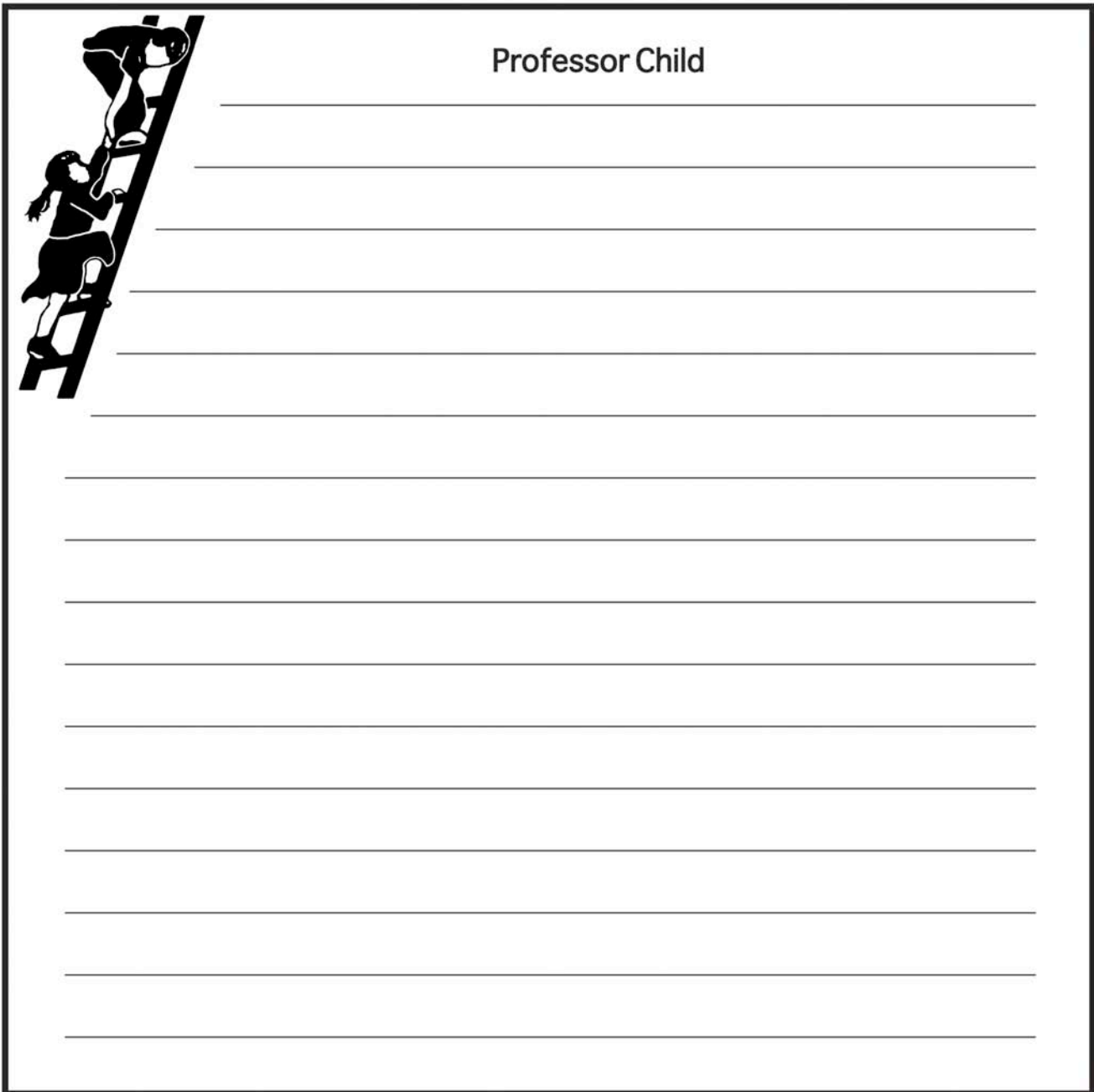
My stepmom is away right now and I'm really mad because I have so many extra chores to do around the house. I don't think it's fair. What should I do?

From,
Too Many Chores

Dear Too Many Chores,

From,
The Kid Expert

- 2) Write your idea for a creative exercise where kids give advice to kids about the challenges of being in a military family.



Chapter 9: Advice to Parents

“Before you leave, give them a little pep talk and tell them everything is going to be alright.” Annessa

Discussion Questions (Choose any of the following):

- 1) Kaden thinks parents need to ease up on kids and not be insensitive. What does it mean to be insensitive? Have your parents ever been insensitive? If so, how? How could kids let their parents know they are being insensitive?
- 2) Khirah believes deployment is just as hard, if not harder, for the kids than it is for the parents. Do you think this is true? Why?
- 3) Meaghan thinks having camps or sleepovers with children who have parents in the military is helpful. Do you have someone to talk to who understands? If so, who?
- 4) Rylee said parents should do extra things to make kids happy during a deployment. What have your parents done? What would you like them to do?
- 5) Josiah said the deployed parent needs to keep in touch with their kids at least once a week because if it goes any longer, kids will start to worry. How often do you stay connected with your deployed parent? How do you stay connected? How often would you like to hear from your parent?
- 6) Levi’s advice is to look at pictures of the deployed parent while he/she is away. Would this be helpful to you? Where would be a good place to keep the pictures?
- 7) Annessa said the deployed parent should give kids a little pep talk and tell them everything is going to be alright. What would be a good pep talk?
- 8) Meaghan thinks the parent and kids at home should sometimes do something separate from one another. How could this be helpful?
- 9) Rylee said it’s helpful to reassure kids that things will get better. What does reassure mean? Is there anything you would like your parents to reassure you about?
- 10) Josiah said the parent at home should comfort kids more (such as letting kids sleep next to them at night if they are scared). What are some other things parents can do to comfort kids during deployment?

Exercises (Choose one or more of the following):

- 1) You are the expert of a kids' advice column. Parents are writing to you for advice on the following scenarios:

#1: Dear Kid Expert,

I am worried about my deployed husband. I often share my worries with my children, but it seems to make them worry more. How can I get my feelings out without making it worse for my kids?

From,
Worried

Dear Worried,

From,
The Kid Expert

#2: Dear Kid Expert,

I keep telling my son that crying isn't going to help and that he needs to be brave. This seems to make him even more upset. What should I say to him when he is feeling sad?

From,
No More Tears

Dear No More Tears,

From,
The Kid Expert



#3: Dear Kid Expert,

I often tell my kids how much I love them and everything is going to be okay. They don't say much when I say this. Do you think it is helpful to keep saying this? What else should I say to reassure them?

From,
All is Well

Dear All is Well,

From,
The Kid Expert

#4: Dear Kid Expert,

My husband doesn't contact us as much as we would like. He says this is because nothing new is happening and he doesn't have a lot to say. How can I let him know how much we need to hear from him?

From,
Call Me

Dear Call Me,

From,
The Kid Expert

#5: Dear Kid Expert,

My kids are always telling me how much they want to spend more time with other military families. How should we go about meeting more military families?

From,

Need More Friends

Dear Need More Friends,

From,
The Kid Expert

#6: Dear Kid Expert,

I often ask my oldest child to help take care of her little siblings. She gets mad when I ask her, even though it would be a great help to me. What can I say so she will understand how important it is to help our family?

From,

Needing Help

Dear Needing Help,

From,
The Kid Expert



#7: Dear Kid Expert,

I am often really sad because I miss my wife. My kids often worry about me, but I can't help how I feel. I stay at home most of the time because I don't feel like going out. What can I do to feel happier so my kids won't worry about me?

From,

Sad

Dear Sad,

From,
The Kid Expert

#8: Dear Kid Expert,

I am a strict parent. When my husband is away, my kids think I'm being mean and always ask me to lighten up. I feel like the only way we can get things done at home is by setting rules, but the kids don't like it. What can I do to help them understand the importance of rules?

From,

Setting Rules

Dear Setting Rules,

From,
The Kid Expert

#9: Dear Kid Expert,

When my husband contacts us, he always tells us the truth about the danger he is in. Even though we know this is true, we don't like to hear it because it makes us worry more. How can I tell him this without hurting his feelings?

From,
Too Much Info

Dear Too Much Info,

From,
The Kid Expert

#10: Dear Kid Expert,

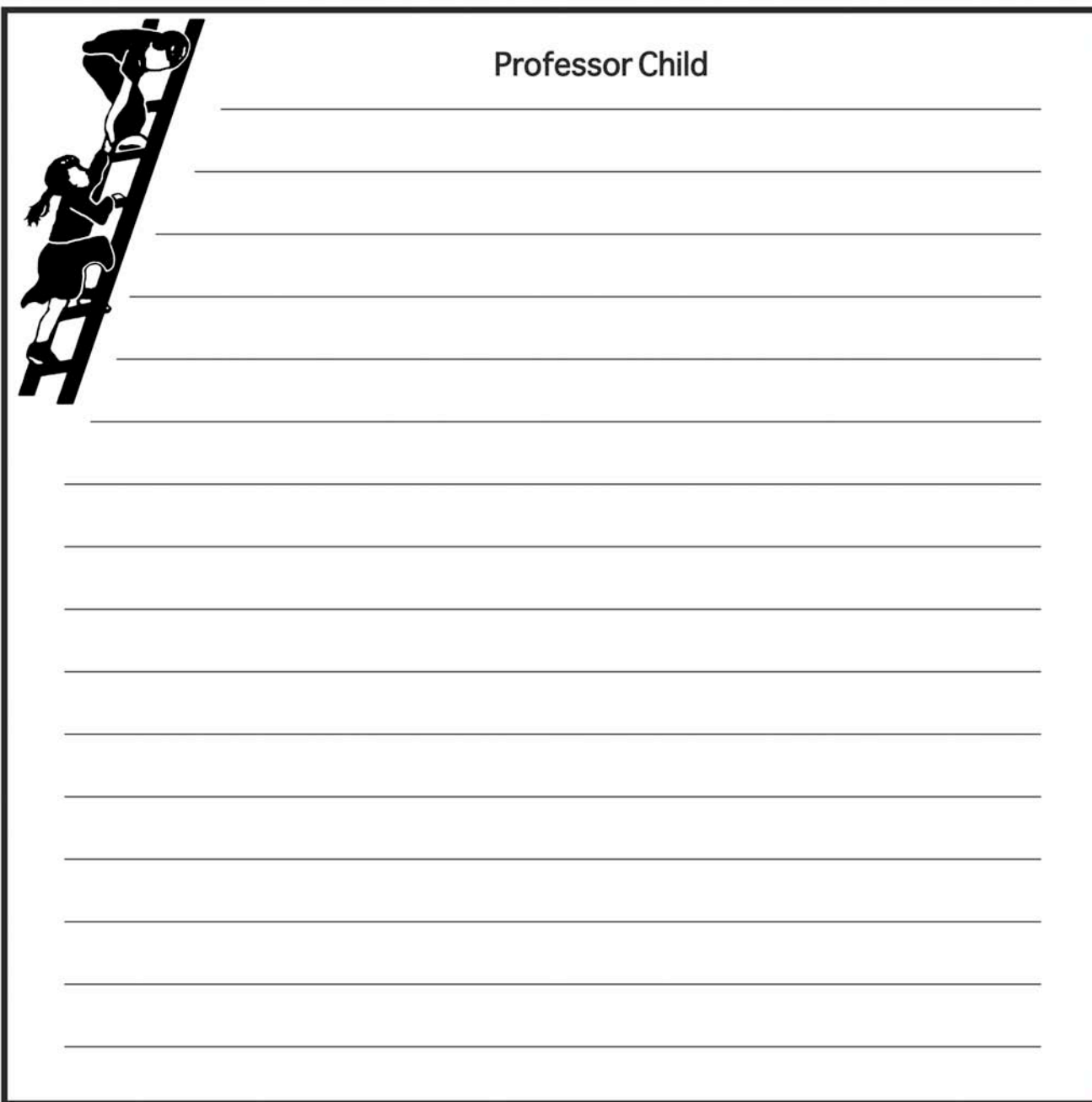
My husband is getting ready to come home. I feel confused because I'm excited and nervous at the same time. My kids say they feel the same way. Why do you think we feel this way?

From,
Mixed Up

Dear Mixed Up,

From,
The Kid Expert

- 11) Write your idea for a creative exercise where kids give advice to parents about how to best support children of military families



Chapter 10: If I Had a Magic Wand

"I'd keep it in my little chest until I really needed it. If my dad was injured, I'd take it out and see if it could help my dad to have the chance of healing." Gabriel

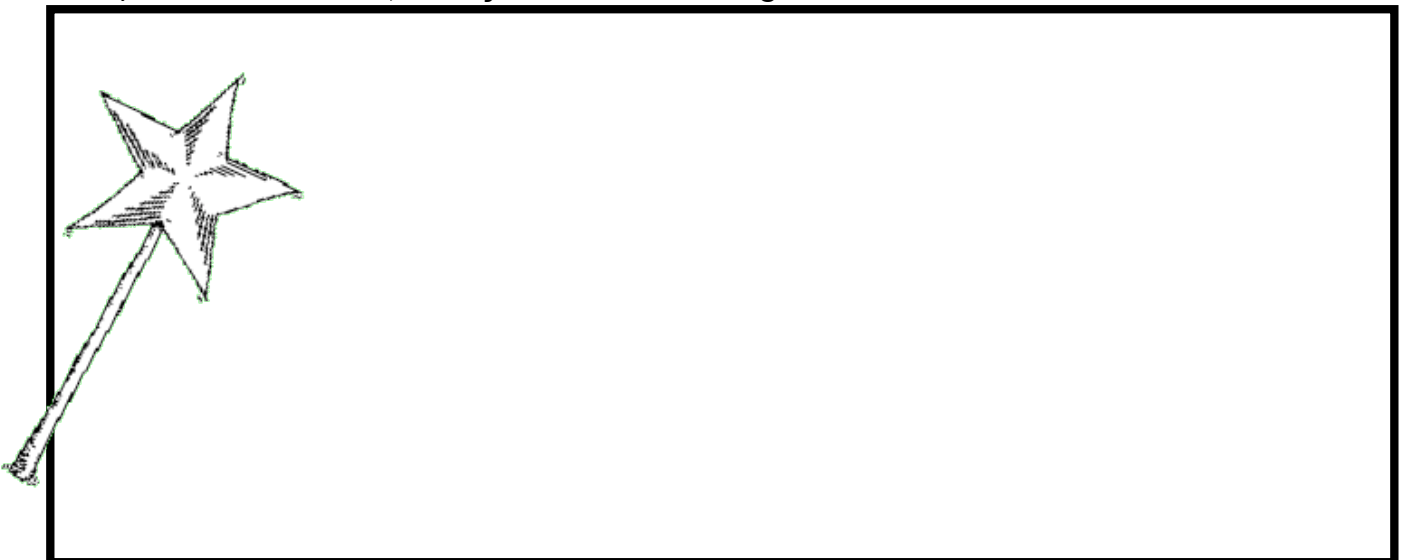
Discussion Question:

Child	If you had a magic wand, what would you do?
Gabriel	Use it to heal his father if he was ever injured
Khilah	Make it easier on all military families
Meaghan	Make her dad come back home
Rylee	Make army based homes bigger
Kaden	Make world peace, have dad get a regular job
Tatiana	Make it so kids could also go on the deployment and it would be safe
Kayla	Go on a family vacation to Europe and be with her family
Josiah	Create world peace, stop wars, murder, suicide and greed
Your Name:	If you had a magic wand, what would you wish for?

What are some of your hopes and dreams?

Exercises (Choose one or more of the following):

1) In the box below, draw your wishes coming true.



2) What do YOU think? Fill in the following:

Hope means _____

A dream is _____

One of my biggest dreams is _____

Something I'd love to do is _____

A goal I have is _____

One day I hope to be a _____

Something else I hope for is _____

I hope my family _____

I hope all children of military families _____

If I had a magic wand and could make three wishes, I would wish for:

1) _____

2) _____

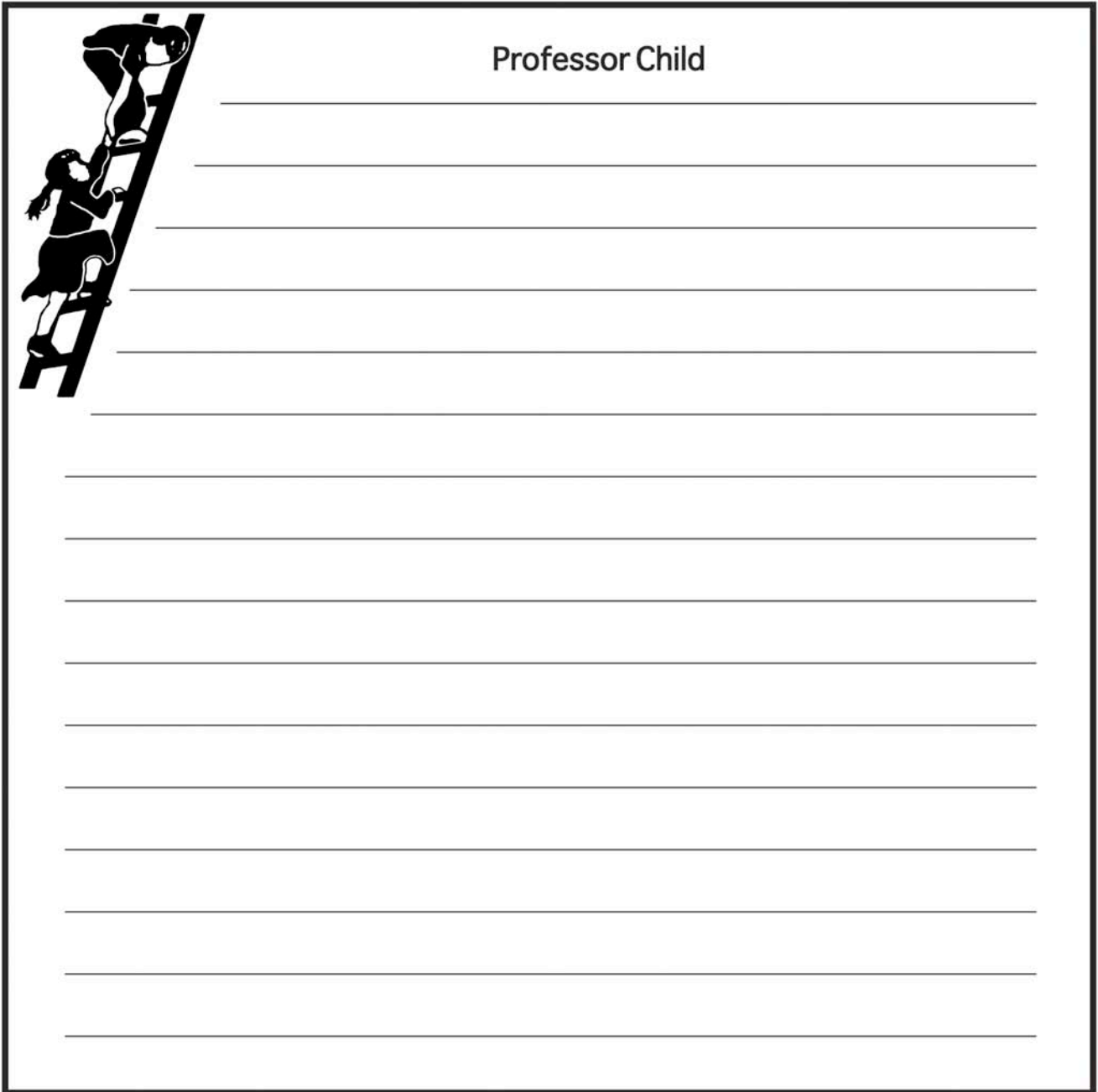
3) _____

It is important for people to have hopes and dreams because

3) Being Hopeful and Grateful:

Write two poems or two prayers (or one of each). In the first, write about what you would like to see happen in your life. In the second, write about things or people that make you feel grateful. Read them aloud whenever you are in need of support.

4) Write your idea for a creative *Magic Wand* exercise.



Chapter 11: What Makes You Proud?

"I'm proud of my dad because he goes off and fights for our country. I'm proud of myself for putting up with it." Kaden

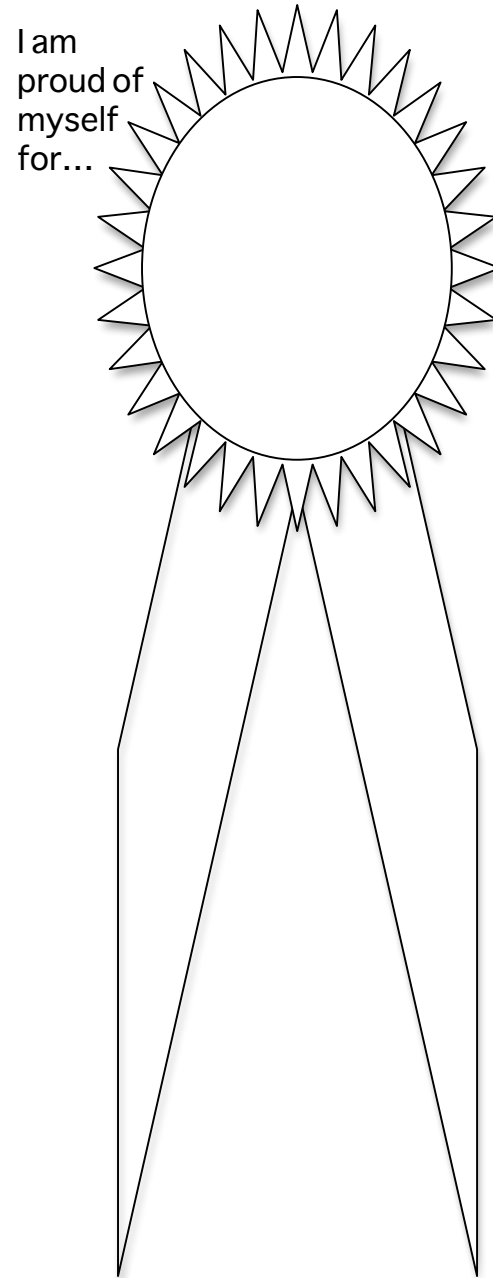
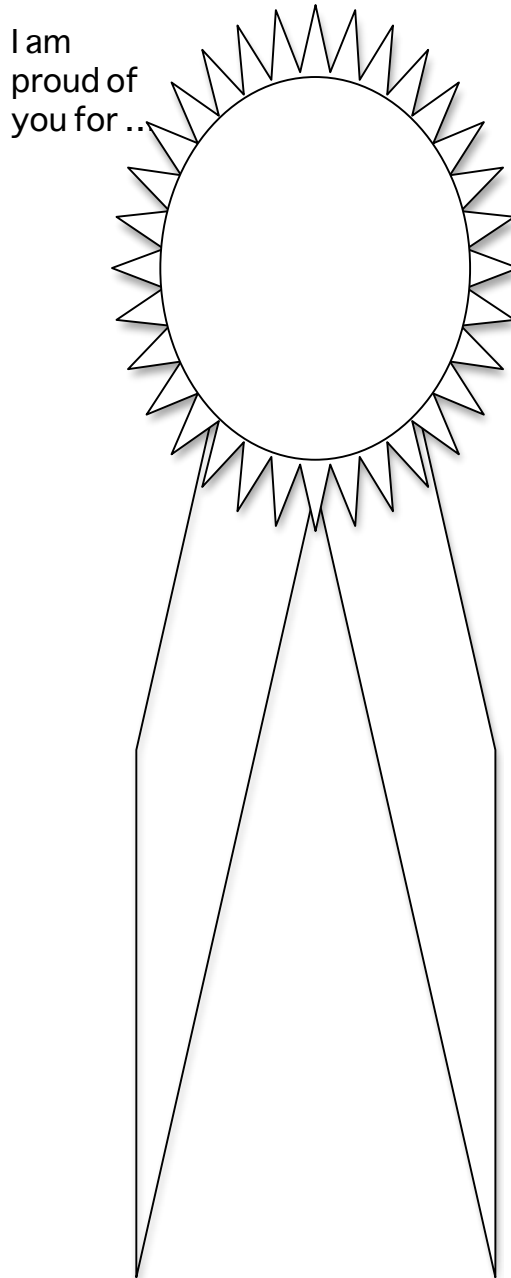
Discussion Questions (Choose any of the following):

- 1) Adam is proud that most of the time he can handle his dad being gone. What do you do to "handle it" when your parent is away? What does it look like when you are not handling it well? What does it look like when you are handling it well?
- 2) Annessa is proud she and her family weren't crying every day for her dad to come home. She is also proud she was able to adjust quickly when he came home. Do you cry when your parent is deployed?
- 3) Gabriel is proud his dad is willing to risk his life to keep his country safe. Do you feel this way? What else does your military parent(s) do that makes you feel proud?
- 4) Kaden said he is proud of himself for putting up with his dad being away to fight for his country. What are some things you put up with?
- 5) Khirah is proud that she tries to think about the positives instead of the negatives. What are some things kids can say to themselves that are positive? Negative? Which thoughts are most helpful?
- 6) Rylee is proud of his father for giving up his life to serve in the military. He is proud of himself for not falling apart every second his father is gone. Do you ever feel like Rylee? How?
- 7) Tatiana is proud of her dad for being brave. She is proud of herself for becoming a better person because her father is in the military. Are your parents brave? How? Why would being part of a military family help someone become a better person? Has being in a military family helped make you a better person?
- 8) Josiah is proud of himself for doing well in school, even during his dad's deployment. How do you do in school during your parent's deployment?
- 9) Rylee is proud of staying strong. How do you stay strong? What does it look like when you are being strong?

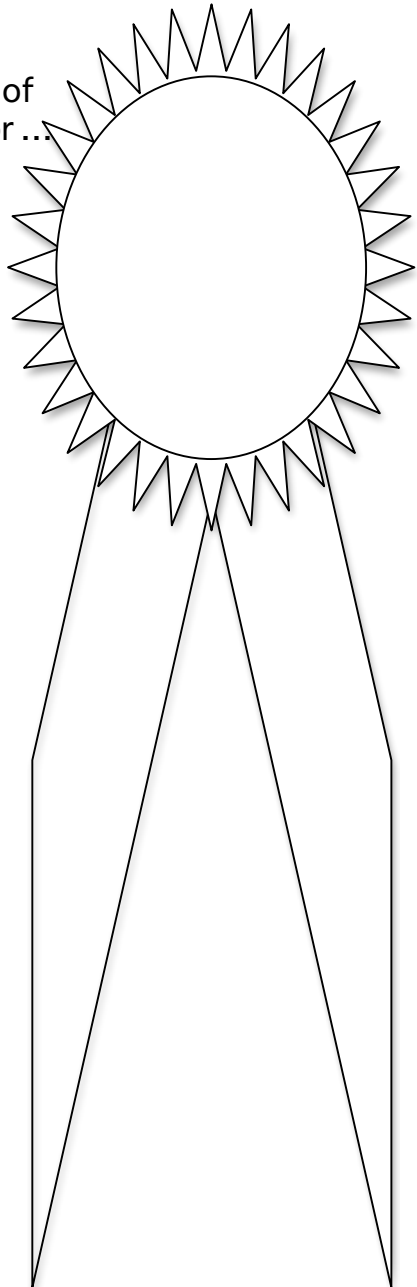
Exercises (Choose one or more of the following):

1) I Am Proud!

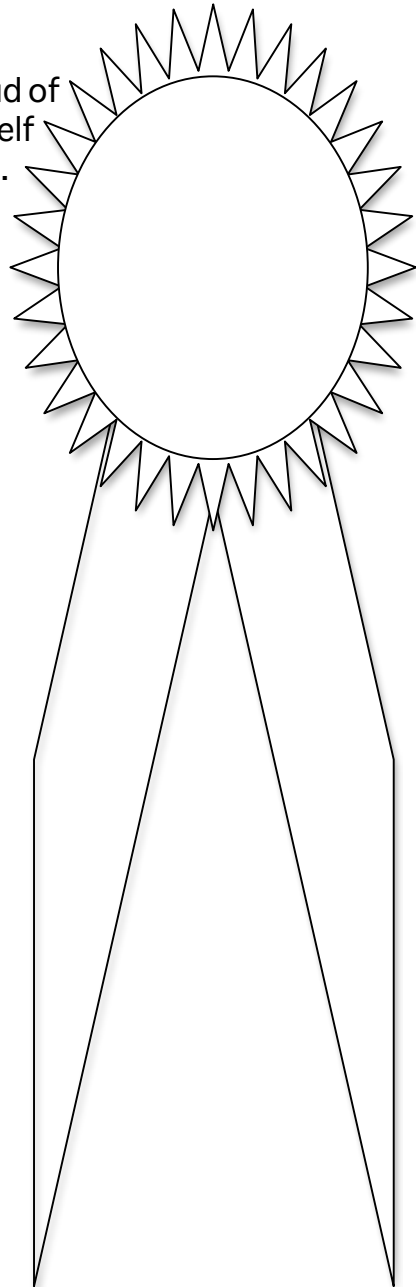
Inside the ribbons, write what makes you proud of yourself and your family members. When you are done, cut out the ribbons. Post your ribbons where you will often be reminded about what makes you proud. Present the other ribbons to members of your family:



I am
proud of
you for ...



I am
proud of
myself
for...



2) A Job Well Done:

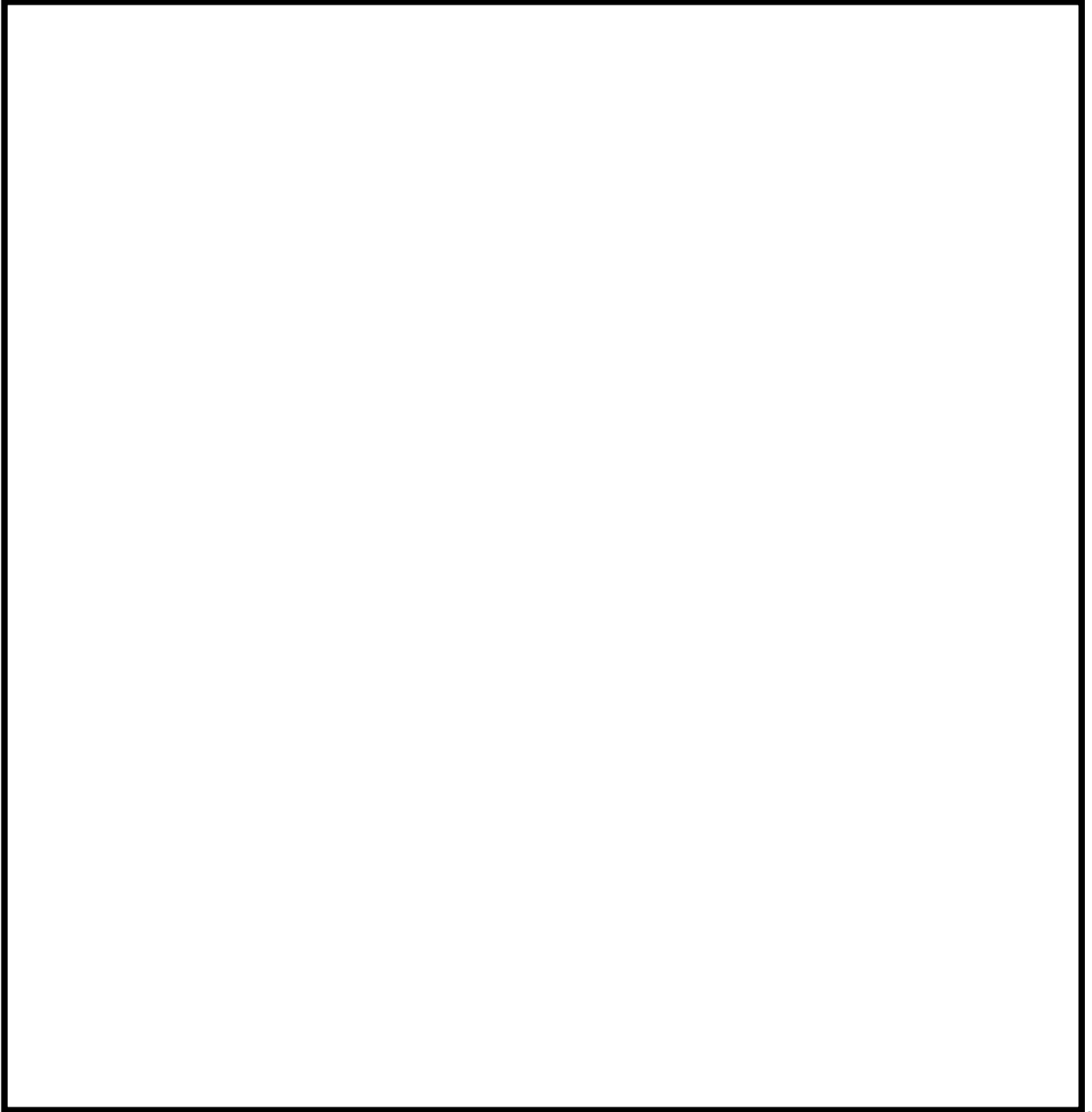
Write a letter congratulating yourself on all of the things you have done to survive hard times. In this letter, be sure to write the specific things you have done that were helpful. Address and stamp an envelope and mail the letter to yourself. When the letter arrives, keep it to remind yourself of your strength when you need it most.

Dear Me,

Love,
Me

3) Collage:

Using pictures, words, and photos, make a collage describing who you are. Hang this collage in your room to remind you what makes you proud to be you.



Chapter 12: I AM

"I am a dreamer. I am brave. I am adventurous. I am smart."
Josiah

Discussion Questions (Choose any of the following):

- 1) What are some of your strengths?
- 2) What do you love?
- 3) What brings the most joy to your life?
- 4) What words describe you?

Exercises (Choose one or more of the following):

- 1) Fill in the blanks:

I AM _____

I AM _____

I AM _____

I AM _____

I AM _____

2) Your theme song:

Write the lyrics to a song about you – your theme song. One option is to choose one of your favorite songs and replace the lyrics with words about you.

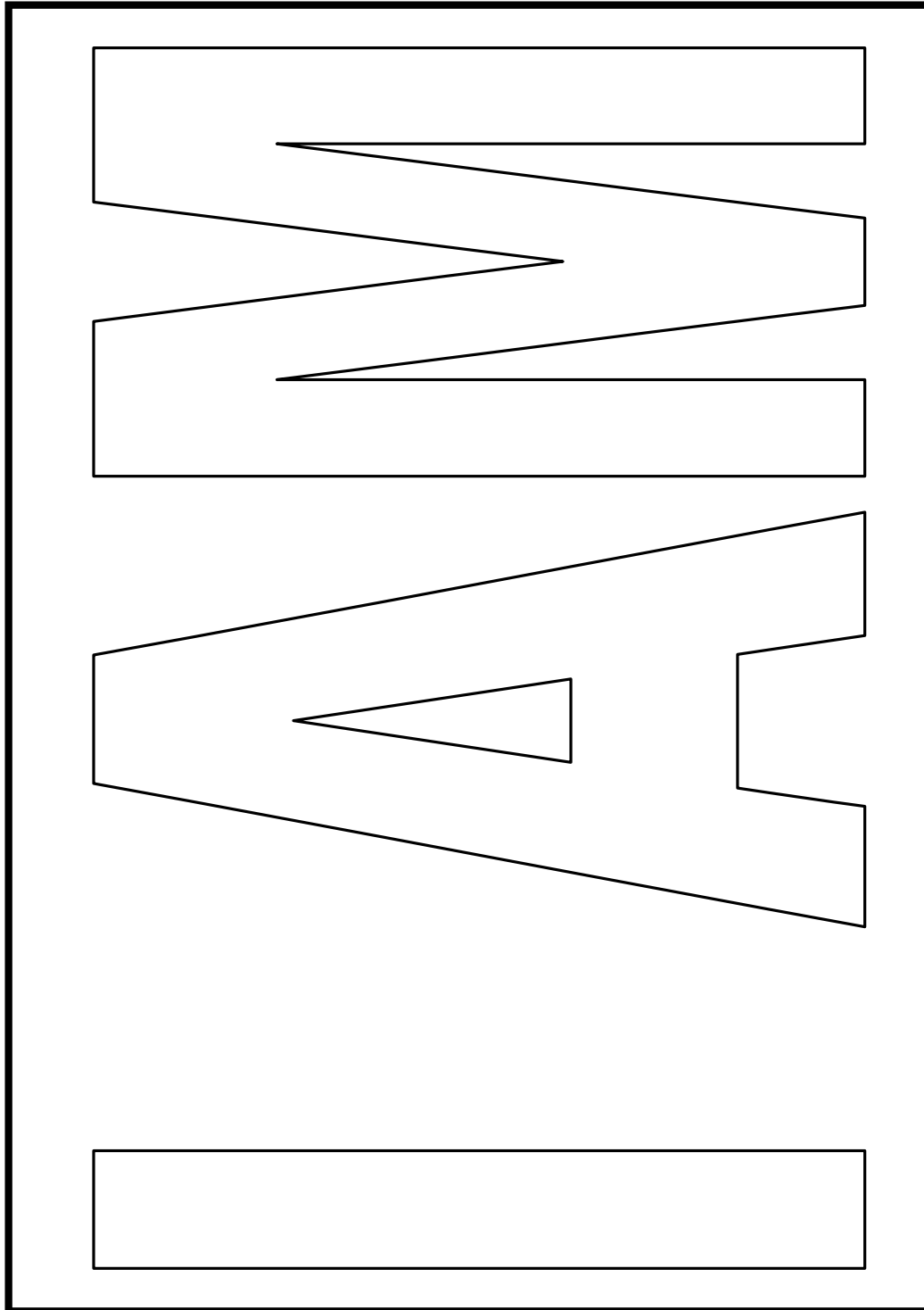
This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

3) I AM:

On the following page, draw pictures and words inside the 'I AM' that describe who you are.

You are unique.

Be proud of who you are!



There is no one just like you.

You are loved.

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