



4-H MILITARY FAMILY BOOK SHEETS

Supporting Military Families During Deployment with Books & Activities

4-H Military Family Book Sheets

The 4-H Military Family Book Sheets help parents and guardians find books and activities to help their children during various stages of their service members' deployments. Each book sheet contains a summary of the book, author and publication details, and activities that they can use with their children pre-, during or post-deployment to extend the message of the book. To find each book, check with your local library, bookstore or online retailer.

BEFORE READING:

- ▶ Show your child the front and back cover of the book. Ask him or her to guess what the book is about.

WHILE READING:

- ▶ Stop at any time if something comes up that you or your child would like to talk about.

AFTER READING:

- ▶ Spend time talking about the story.

Deployment involves moving an individual or military unit within the country or to another country. A mission or task might include training, supporting communities during times of disaster, helping foreign countries or fighting in a war. The many changes happening with each departure and return create difficulties for both service members and their families.

Supporting Michigan's Military Families

Michigan State University (MSU) Extension and Michigan 4-H are committed to supporting the more than 20,000 Michigan military children and youth, and their families, through programming and community education.

PROGRAMS FOR MILITARY FAMILIES INCLUDE:

- ▶ 4-H clubs on installations and in communities
- ▶ "4-H 101" and "4-H 201" training for military staff
- ▶ Operation: Military Kids (OMK) – supporting children of deployed soldiers
- ▶ Speak Out for Military Kids (SOMK) – preparing teens to speak on military life and deployment
- ▶ Hero Packs – saying thank you to military children and youth
- ▶ Military 4-H Club Grants – supporting 4-H clubs for military youth and integrating them into county 4-H programs
- ▶ Community Awareness Training – educating the public on issues facing military families experiencing a deployment
- ▶ Special recognition events during Month of the Military Child and Month of the Military Family
- ▶ Educational and recreational events and opportunities for military families

Learn More!

Connect with us on Facebook: Search "Michigan Operation: Military Kids" and "Michigan 4-H."

For more information on supporting military families, visit the following websites:

- ▶ MSU Extension: (msue.anr.msu.edu)
- ▶ Michigan 4-H Youth Development: (4h.msue.msu.edu)
- ▶ 4-H Military Partnerships: (www.4hmilitarypartnerships.org)
- ▶ Operation: Military Kids: (<http://www.operationmilitarykids.org>)



4-H MILITARY FAMILY BOOK SHEET

When I Feel Angry

SUMMARY

Little bunnies talk about what makes them angry and how they deal with their angry feelings.

Title	When I Feel Angry
Author	Cornelia Maude Spelman
Illustrator	Nancy Cote
Publisher	Albert Whitman & Company
Date of Publication	2000
Audience Age	1 and up

PRE-DEPLOYMENT ACTIVITIES

- Make a [calming jar](#) together. To make fill a mason jar with glitter glue, glitter, water and food coloring (let them choose the colors!). Put the top on and shake it up! When your child gets upset they can shake it up and then wait until the glitter settles to the bottom giving them time to calm down.
- Write a list of things that you can do when you feel mad. In the book, the bunnies talked about how having quiet time, deep breathing, running or riding bikes helped them. What are things you can do when you are mad?

DURING-DEPLOYMENT ACTIVITIES

- Make a feeling book or [feeling chart](#). Draw or take different pictures of emotions that you might feel while your service member is gone. You can use the faces to show family members what you are feeling.
- Keep a written or picture journal of your feelings. Draw pictures or write down how you are feeling and what made you feel that way. Talk about how you felt and what you did to feel better.
- Use different colors of paper to show each emotion (red=angry, blue=sad). Allow children to choose the color of paper they are feeling to draw pictures on.

POST-DEPLOYMENT ACTIVITIES

- Make [calming jars](#) for each person in the family. Talk about how the family can use them when they are upset. To make fill a mason jar with glitter glue, glitter, water and food coloring (let them choose the colors!). Put the top on and shake it up!
- As a family, set up a quiet spot for family members to use when they are angry. Put soft pillows or blankets to lay or sit on. Include paper and crayons for drawing or writing. Have books to read and music to listen to in the quiet spot.

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