



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



# 4-H MILITARY FAMILY BOOK SHEET

## The Way I Feel

### SUMMARY

This book is about feelings. Each page describes a different feeling using colorful images and describing words.

Title	The Way I Feel
Author	Janan Cain
Illustrator	Janan Cain
Publisher	Parenting Press
Date of Publication	2005
Audience Age	3-8 years

### PRE-DEPLOYMENT ACTIVITIES

- Talk with your child about the upcoming deployment and ask them how they are feeling. Let them know that what they are feeling is ok and that you are there to support them. Talk about the different feelings in the book and what they might be feeling about the deployment.
- Make a feelings chart. Draw, use magazine pictures or take pictures of faces showing the different emotions in the book. Display these pictures on a wall and use the chart to check-in with your child throughout the deployment so you know how they are feeling throughout the days.

### DURING-DEPLOYMENT ACTIVITIES

- Take pictures to send to your service member while you are being silly! Make silly faces at the camera or record yourself singing a silly song and send it to your service member.
- Make a quiet space. Use a corner of a room or under a table and fill it with soft pillows, blankets, books and pictures of your service member. If your child feels sad or upset, they can go to the quiet space and look at books or pictures to help them calm down.

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### Extension

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### POST-DEPLOYMENT ACTIVITIES

- Take pictures of the entire family being silly together. Make silly faces at the camera and just have fun laughing together.
- Talk about how you felt during the deployment and how you feel now. Share what makes you happy about your service member being home.