



INITIAL TRAINING
ELEMENTARY SCHOOLS AND CYPS
ADVISERS



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Tier 1

Initial Training Agenda

Tier 1

Initial Day 1 Training

- Anchored4Life History
- Introductions
- Transition and Resiliency
- Military Culture
- Anchored4Life Club Goals
- Anchored4Life Club Positions
- Break
- Anchored4Life Club Features and Trainings
- Online Resources
- Anchored4Life initial materials and future orders
- Monthly Activity Report
- Lunch – On your own
- Initial Day 2 Training Preparation
- Wrap-Up

Tier 1

Initial Day 2 Training

- What is Anchored4Life?
- Introductions and Positions
- Team Leader Activities
- Review Club Features
- Activity Group Practice
- Lunch
- More Team Leader Activities
- Celebration

One (1) hour is reserved for the Tier 1 Informational Overview. This time is determined by the location.

DAY 1





1



2



3

WE'RE SOCIAL TOO





Username:	@a4club	@a4club	@a4club
Hashtag:	#a4club	#a4club	#a4club

4



ANCHORED4LIFE HISTORY

- ESTABLISHED IN 2016
- STARTED AS A PARTNERSHIP BETWEEN THE NAVY AND THE TREVOR ROYAN COMPANY
- PARTNERSHIP HAS EXPANDED TO INCLUDE ALL BRANCHES.
- NEARLY 200 PARTICIPATING LOCATIONS.

Anchored4Life is a Club for ALL youth (military and civilian).

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ANCHORED4LIFE DEMONSTRATION – PART 1



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INTRODUCTORY ACTIVITY

★

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TRANSITION

- DEFINITION: CHANGE
- "SOME CHANGES LOOK NEGATIVE ON THE SURFACE, BUT YOU WILL SOON REALIZE THAT SPACE IS BEING CREATED IN YOUR LIFE FOR SOMETHING NEW TO EMERGE." – ECKHART TOLLE



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Moving	Healthy Bodies
Fear	Bullies
Homework	Making Friends
Deployment	Reintegration
Grief	Divorce

TRANSITION TOPICS

9

RESILIENCY

- **DEFINITION: THE ABILITY TO BOUNCE BACK FROM A SETBACK.**



A cartoon illustration of a person standing in front of a brick wall. A sign above the wall reads: "WELCOME TO ANOTHER ONE OF LIFE'S BRICK WALLS STANDING SQUARELY IN YOUR PATH! PLEASE SELECT FROM THE FOLLOWING OPTIONS!". Below the sign are four options: "OVER" (with wings), "UNDER" (with a key), "AROUND" (with a key), and "THROUGH" (with a key).

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MILITARY CULTURE

DOES ANYONE IN THE ROOM HAVE AN AFFILIATION WITH ANY OF THE MILITARY BRANCHES?

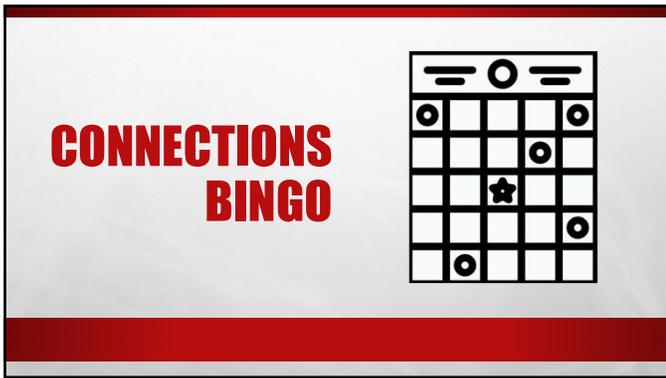
MILITARY SCENARIO ACTIVITY

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The logo for "Anchored Life" features a red network of six stylized human figures connected by lines, forming a circular shape. To the right of this icon, the text "Anchored Life" is written in blue, with a small house icon above the letter 'H' in "Life".

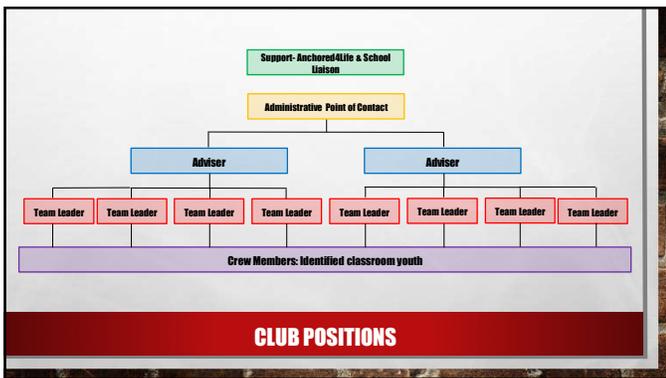
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SCHOOL LIAISON (SL)

SUPPORT MILITARY CHILDREN'S EDUCATION AS THEY TRANSITION

CONNECT LOCATIONS TO ANCHORED4LIFE

HAVE YOUR SCHOOL LIAISON SHARE HIS OR HER ROLE AND RESPONSIBILITIES, IF PRESENT.

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ADMINISTRATIVE POINT OF CONTACT

A DESIGNATED INDIVIDUAL WHO OVERSEES THE CLUB.

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ADVISER

COMMITTED ADULTS COLLABORATING WITH TEAM LEADERS TO FACILITATE THE CLUB FEATURES.

REVIEW THE ADVISERS ROLES AND RESPONSIBILITIES SHEET.

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TEAM LEADER

4TH – 6TH GRADE YOUTH WHO IDENTIFY AND ASSIST TRANSITIONING YOUTH WITH RESILIENCY TOOLS AND RESOURCES.

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CREW MEMBER

- TWO YOUTH (BOY AND GIRL) SELECTED BY A CLASSROOM TEACHER TO PROVIDE GRADE LEVEL SUPPORT.



CREW MEMBER

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BREAK

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CLUB FEATURES

- CHARACTER DEVELOPMENT QUOTES
- ACTIVITY GROUP
- KITS
- TOURS
- SERVICE PROJECT
- SUPPORT

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CHARACTER DEVELOPMENT QUOTES

- **DEFINITION:** POSITIVE AND INSPIRING MESSAGES
- **PURPOSE:** RESILIENCY LIFE SKILL USED TO OVERCOME CHALLENGES
- **BREAKOUT:** THINK ABOUT YOUR LOCATION'S DAILY ROUTINES. DISCUSS OPPORTUNITIES FOR TEAM LEADERS TO SHARE CHARACTER DEVELOPMENT QUOTES AT YOUR LOCATION.
- **EXAMPLES:** POSTERS, MORNING ANNOUNCEMENTS, ASSEMBLIES

"No one is perfect - that's why pencils have erasers." - Wolfgang Riebe

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ACTIVITY GROUP

DEFINITION TEAM LEADERS TEACHING SKILLS.

PURPOSE TEAM LEADERS PROVIDE YOUTH THE OPPORTUNITY TO ACQUIRE RESILIENCY LIFE SKILLS TO POSITIVELY OVERCOME CHALLENGES.

BREAKOUT THINK ABOUT YOUR LOCATION'S DAILY ROUTINE. PROVIDE WAYS TEAM LEADERS WILL HAVE THE OPPORTUNITY TO CONDUCT ACTIVITY GROUPS.
EXAMPLES: RECESS, LUNCH BUNCH, SMALL GROUPS, MORNING MEETING, ASSEMBLIES, SCHOOL COUNSELOR LESSONS

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KITS

DEFINITION: RESOURCES TO SUPPORT A TRANSITION

PURPOSE: PROVIDE LIFE SKILLS AND RESOURCES TO OVERCOME THE UPS AND DOWNS OF TRANSITIONING.

BREAKOUT: THINK ABOUT YOUR LOCATION'S DAILY ROUTINES. DISCUSS OPPORTUNITIES FOR TEAM LEADERS TO DISTRIBUTE KITS.

EXAMPLES: BEGINNING/END OF THE DAY, TOURS, ASSEMBLIES, SMALL GROUPS, ETC.

TEAM LEADERS	ADVISED	ADDITIONAL RESOURCES
WELCOME KIT	GRIEF KIT	GRIEF INSTRUCTIONAL KIT
MOVING KIT	DIVORCE KIT	DIVORCE INSTRUCTIONAL KIT
DEPLOYMENT KIT		A&L DVD KIT
TOGETHER AGAIN KIT		ACTIVITY PACKET UNITS

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TOURS

- DEFINITION:** SHOW INCOMING YOUTH IMPORTANT PLACES AT THE LOCATION
- PURPOSE:** FAMILIARIZE INCOMING YOUTH WITH THE LOCATION AND BUILD CONNECTIONS
- BREAKOUT:** THINK ABOUT YOUR LOCATION'S DAILY ROUTINES. DISCUSS OPPORTUNITIES FOR TEAM LEADERS TO GIVE TOURS.

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SERVICE PROJECT

- PURPOSE:** APPLY LIFE SKILLS LEARNED IN ANCHORED4LIFE TO STRENGTHEN OUR COMMUNITY
- COMPLETE ONE PER SCHOOL CALENDAR YEAR**
- BREAKOUT:** THINK ABOUT YOUR LOCATION. HAVE YOU WANTED TO START A SERVICE PROJECT OR ALREADY HAVE A SERVICE PROJECT RUNNING AT YOUR LOCATION? DISCUSS WAYS TEAM LEADERS CAN PARTICIPATE IN SERVICE PROJECTS.

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SUPPORT

TEAM LEADER MEETINGS

PURPOSE: PROVIDES TIME FOR TEAM LEADERS TO PLAN THE IMPLEMENTATION OF THE CLUB FEATURES FOR THE MONTH.

- LED BY THE TEAM LEADERS; FACILITATED BY THE ADVISERS
- MEETS REGULARLY
- Breakout: Take 10-15 minutes to discuss the logistics of the meeting.

↓

SHOWCASE

PURPOSE: BUILDS CONNECTIONS WITH TEAM LEADERS AROUND THE WORLD AND HIGHLIGHTS ONE CLUB FEATURE THEIR LOCATION IS IMPLEMENTING WELL.

↓

ADVISER MONTHLY SUPPORT

PURPOSE: PROVIDES EDUCATIONAL SUPPORT TO ADVISERS AND TEAM LEADERS TO SUPPORT ACTIVITY GROUPS AT THE LOCATION.

- TWO (2) VIDEOS ARE RELEASED EACH MONTH (WITH EXCEPTIONS)
- VIDEOS ARE LOCATED ON OUR WEB SITE: WWW.ANCHORED4LIFE.COM

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ANCHORED4LIFE TRAININGS

INITIAL TRAINING

TWO FULL DAYS WITH ANCHORED4LIFE STAFF. TRAINING EIGHT (8) TEAM LEADERS FOR A FULL DAY. INFORMATIONAL OVERVIEW PROVIDED TO ALL STAFF AT THE LOCATION. (MAX 1 HOUR).

REFRESHER TRAINING

SCHEDULED AROUND SIX (6) MONTHS AFTER DATE OF THE INITIAL TRAINING. THREE (3) HOUR INDIVIDUALIZED VIDEO-CONFERENCE CONSULTATION WITH THE ADULTS. MY LOCATIONS DATE IS _____

ANNUAL TRAINING

SCHEDULED AROUND ONE (1) YEAR FROM THE DATE OF THE INITIAL TRAINING. ADVISERS: 6 HOURS EIGHT (8) TEAM LEADERS: 4 HOURS ANNUAL TRAINING VS ANNUAL MAINTENANCE

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TRANSITIONS
RESILIENCY
CLUB FEATURES
STORE
FORMS
CLUB POSITIONS
MY ACCOUNT

Welcome to Anchored4Life

The Anchored4Life Club is the place where connections happen. It is a peer-to-peer club to connect youth while building transition and resiliency skills. The club provides opportunities for youth to *enhance social skills, learn leadership skills, build character, improve self-esteem, and integrate into their community.* Youth will learn these transition and resiliency skills using the club features.

MEMBER SIGN IN
CONTACT US



ONLINE RESOURCES

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MATERIALS

INITIAL TRAINING ORDER THE INITIAL TRAINING MATERIALS BUNDLE WILL BE LEFT AT YOUR LOCATION AFTER COMPLETION OF THE INITIAL DAY 2 TRAINING.

THE INITIAL TRAINING KIT BUNDLE WILL BE ORDERED BY YOUR POC LEARNING CONSULTANT DURING THE INITIAL DAY 1 TRAINING.

FUTURE KIT ORDERS IF YOU RUN OUT OF A SPECIFIC TYPE OF KIT AND NEED MORE, LOG IN TO WWW.ANCHORED4LIFE.COM AND ORDER WHAT YOU NEED.

ANCHORED4LIFE WILL THEN SEEK APPROVAL FROM THE SPONSORING MILITARY BRANCH FOR THE ADDITIONAL KITS.

WHEN YOUR ORDER IS APPROVED BY THE SPONSORING MILITARY BRANCH, ANCHORED4LIFE WILL HAVE 5-10 DAYS TO FULFILL AND SHIP YOUR ORDER.

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Anchored4Life Monthly Activity Report

Our funding source requires donations to submit data on the Monthly Activity Report tracking all activity taking place for each specific month. This Monthly Activity Report for your location is due at the end of the month (and is being tracked). There is a sign posted for submission and to report the following month. **Example Month 10/November**. Track all activity from November 1st until the end of the month. Submit the report on the 10th and/or no later than December 10th.

Reporting Month (Enter Number 1-12):

Submit for the month data was being tracked.

Enter Two Digit Month:

Reporting Year (Enter 4 Digit Year):

Enter Four Digit Year:

Select Full School or CPT Name:

Select Full School or CPT Name:

MONTHLY ACTIVITY REPORT

- COMPLETED BY THE ADVISERS
- SUBMIT BY THE 10TH OF THE MONTH
- FORM IS LOCATED ON THE WEB SITE AND ELECTRONICALLY SUBMITTED TO YOUR POC LEARNING CONSULTANT.

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LUNCH

- LUNCH IS ON YOUR OWN TODAY.
- ADMIN POC WILL NEED TO COMPLETE FEEDBACK FORM ELECTRONICALLY.

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DAY 2 PREP

- INTRODUCTORY ACTIVITY**
 - DECIDE WHO WILL LEAD THE ACTIVITY WITH THE TEAM LEADERS
- ACTIVITY GROUPS**
 - SELECT FEAR OR DEPLOYMENT ACTIVITY
 - REVIEW AND PLAN THE ACTIVITY FOR HOW THE LOCATION WILL IMPLEMENT
- KITS**
 - LET'S ROLE PLAY
- TOUR**
 - PLAN FOR WORKING WITH THE TEAM LEADERS
- TEAM LEADER MEETINGS**
 - PLAN FOR THE ADVISERS TO FACILITATE A MEETING AT THE END OF THE INITIAL DAY 2 TRAINING SOLIFYING THE NEXT STEPS OF IMPLEMENTATION
 - REVIEW THE MEETING MINUTES

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ADVISER

ACTIVITY

- LET'S REVIEW EACH OF THE POSITIONS IN MORE DETAIL BY USING THE DESIGNATED CARDS TO ASSIGN THE ROLE WITH THE RESPONSIBILITY.

OPTIONAL

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ANCHORED4LIFE DEMONSTRATION - PART 2



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WRAP-UP



**COMPLETE AND SUBMIT
FEEDBACK FORMS.**
<http://a4l.me/a>



**THANK YOU FOR YOUR
TIME AND PARTICIPATION.**



**PLEASE DIRECT ANY
QUESTIONS TO YOUR POC
LEARNING CONSULTANT.**



**WE LOOK FORWARD TO
SEEING YOU AT THE INITIAL
DAY 2 TRAINING.**

Anchored Life

Connections Bingo

Brown eyes	Open to new ideas	Is wearing red	Plays piano	Likes to stay up late
Understands military culture	Has 2 children	Eats Spinach	Moved several times	Willing to try new programs
Has grandchildren	Flies a plane		Speaks foreign language	Likes shopping
Likes to get up early	Visited a foreign country	Drives a sports car	Volunteers	Wears flip flops
Exercises	Likes camping	Dedicated to helping children	New to the area	Drinks plenty of water



Administrative Point of Contact Roles and Responsibilities

ADMINISTRATIVE POINT OF CONTACT

A designated individual at a specific location who oversees the club.

THE ADMINISTRATIVE POINT OF CONTACT WILL:

- Identify at least two (2) Advisers who will be trained to facilitate Anchored4Life at the location.
- Assist the Installation School Liaison in coordinating dates and locations for trainings.
- Send an email to all staff at the location explaining Anchored4Life and how each staff member can support the implementation of the Club.
- Provide oversight including quarterly meetings with Advisers for Club consistency.
- Attend the morning session of Day 1 training.
- Contact Anchored4Life Learning Consultant when concerns arise, staff changes, or when there is a need for additional training.



Anchored4Life
Adviser
Roles and Responsibilities

ADVISER

Provides direct ongoing support to transitioning youth, utilizing Anchored4Life.

THE ADVISER WILL:

- Identify eight (8) Team Leaders who will be trained to facilitate Anchored4Life.
- Obtain signed permission slips (located on Anchored4Life website).
- Attend all Anchored4Life trainings.
- Collaborate with Anchored4Life on implementing the Club.
- Notify Team Leaders of transitioning youth.
- Order and organize Anchored4Life materials.
- Prepare Team Leaders to implement Anchored4Life Club features: Character Development Quotes, Activity Groups, Kits, Tours, Service Project, and Team Leader Meetings.
- Facilitate Activity Groups.
- Facilitate Team Leader Meetings.
- Ensure meeting minutes are secure.
- Watch educational monthly videos.
- Participate in Anchored4Life Showcase with Team Leaders.
- Determine and order Anchored4Life materials.
- Complete and submit monthly activity reports by the 10th of each month.



Team Leader Roles and Responsibilities

TEAM LEADER

Assists in identifying transitioning youth and supports them throughout their transition with resiliency tools and resources.

THE TEAM LEADER WILL:

- Submit Anchored4Life permission slip.
- Be a friendly and supportive face for transitioning youth.
- Attend Anchored4Life trainings.
- Provide and share Anchored4Life kits.
- Provide a tour of the most frequently visited locations (i.e. homeroom, outdoors area, lunch area, snack area, bathroom, nurse, important people, etc.).
- Identify and complete a service project.
- Wear Team Leader badges when completing Anchored4Life activities.
- Be an expert in Anchored4Life Club Features.
- Support transitioning youth at their location.
- Attend showcases to connect and learn from other Team Leaders.
- Learn, share, and use Character Development Quotes to encourage others.
- Teach life skills by leading activity groups.
- Participate in Team Leader meetings with Advisers.



Anchored4Life

Crew Member

Roles and Responsibilities

CREW MEMBER

Responsible for providing grade level support to transitioning youth.

THE CREW MEMBER WILL:

- Be identified by a classroom teacher.
- Wear Anchored4Life Crew Member lanyard when assisting transitioning youth.
- Be a friendly and supportive face for transitioning youth.
- Be the “go to” person to provide individualized support.
- Remind transitioning youth of important locations (i.e. bathrooms, playgrounds, classroom, nurse, cafeteria, etc.).
- Be a lunch/snack buddy for at least one week.
- Identify and explain classroom and playground expectations.

DAY 2





1



2



3

AGENDA

- What is Anchored4Life?**
- Introductions and Positions**
- Team Leader Activities**
- Review Club Features (job duties)**
- Activity Group Practice**
- Lunch**
- More Team Leader Activities**
- Celebration**

4

What is Anchored4Life?

5



INTRODUCTORY ACTIVITY
LET'S LEARN EACH OTHER'S NAMES!

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SCALING QUESTIONS

1	2	3	4	5
I don't get it.	I need help.	I'm not sure.	I think I can.	I've got it.

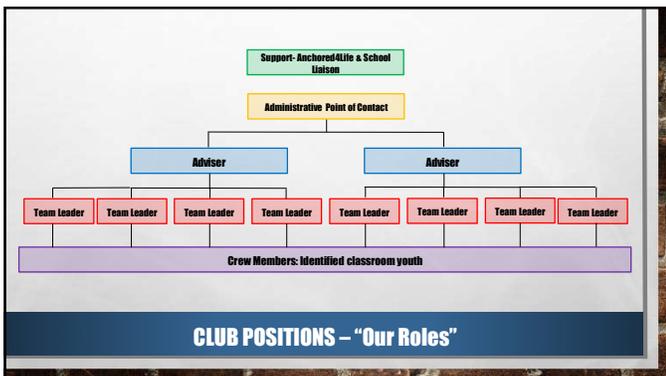
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THE FIVE S'S FOR MAKING FRIENDS

1. **Smile**
2. **Speak up**
3. **Say your name**
4. **Slight head nod**
5. **Seek Something in Common**

WHAT WAS YOUR LAST SCHOOL LIKE?
WHAT IS YOUR FAVORITE ACTIVITY?

8



9

Team Leaders

- **Explore – “Why was I selected?”**
- **Let’s learn about military culture.**
- **What does transition and resiliency mean?**

10

CLUB FEATURES

01 CHARACTER DEVELOPMENT QUOTES	02 ACTIVITY GROUPS	03 KITS	04 TOURS	05 SERVICE PROJECT	06 SUPPORT
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“TEAM LEADER JOB DUTIES”

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01 – CHARACTER DEVELOPMENT QUOTES

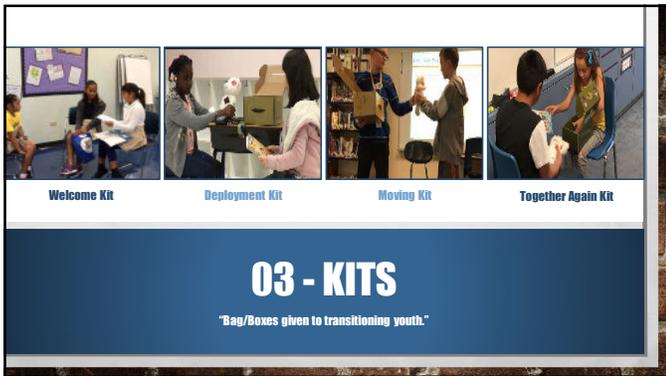
“Positive and Inspiring messages.”

Little by little...
a little becomes a lot.
-Tanzanian Proverb

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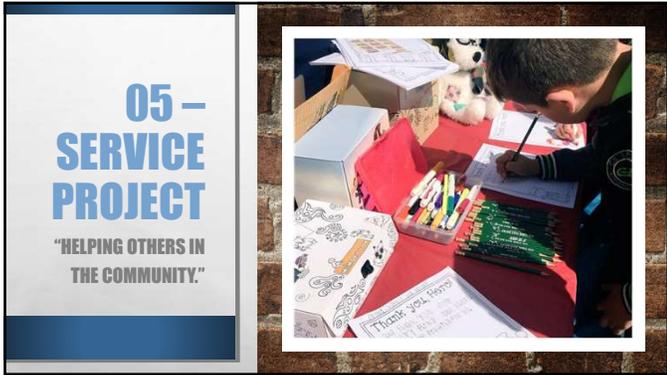
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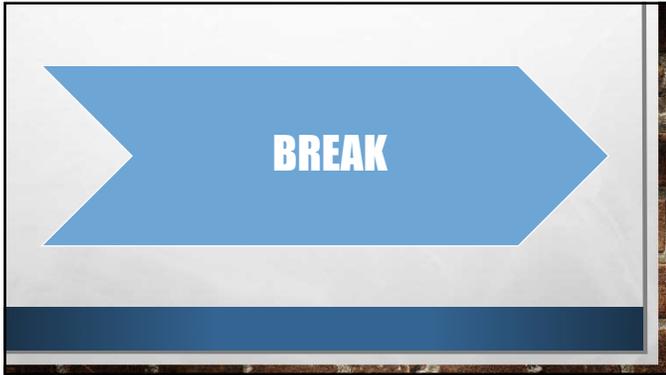
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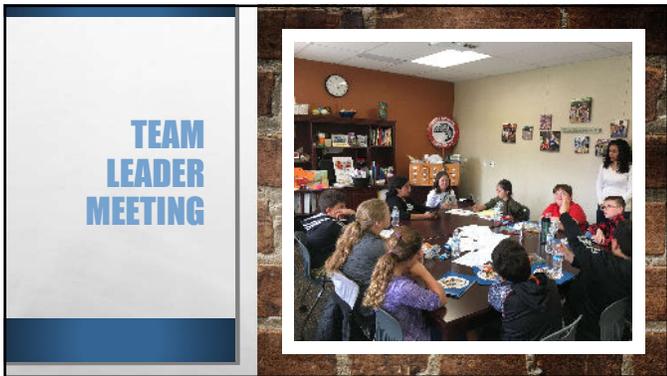
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Anchored4Life

Team Leader Summary

AGENDA

- What is Anchored4Life?
- Introductions and Positions
- Team Leader Activities
- Review Club Features
- Activity Group Practice
- Lunch
- More Team Leader Activities
- Celebration

Breaks will be provided throughout the training.

Anchored4Life Wordsearch

A F F B G J Z S U P F Z K E Q
 A M R E S I L I E N C E R E T
 P J V P T Y B L X T U A Z T C
 A U H P I N Y X S A O W Z E E
 T X O U K I M N T E D U Y A J
 D R W R Q A V E J C W N Q M O
 B M A O G I W N E X X H D L R
 D S X N P Y V M U T S C M E P
 X R S P S B T R E S I V D A E
 X F N U W I B I I E D N A D C
 R E N I A R T F V A J Q G E I
 Q T T V J R M I I I X E K R V
 L L O C T J B F O G T Y Y W R
 Z G Q U X H Q U F N G C Y X E
 S T E B R J A 4 L V X R A B S

THE FIVE S's FOR MAKING FRIENDS



1. Smile
2. Speak up
3. Say your name
4. Slight head nod
5. Seek Something in Common

WHAT WAS YOUR LAST SCHOOL LIKE? WHAT IS YOUR FAVORITE ACTIVITY?

A4L ACTIVITY GROUP ADVISER KITS MEETING
 QUOTES RESILIENCE SERVICE PROJECT
 TEAM LEADER TOUR TRANSITION

UNIT 1 AGENDA

Fear

Select and check one:

- Activity 1 – *Keep calm: Healthy fears that turn unhealthy*
- Activity 2 – *Stay in line: Give me five... write a cinquain poem!*

Adviser tasks:

- Hand out badges to Team Leaders.
- Gather materials for the selected activity and make copies as indicated:
 - ▶ Activity 1 – Worksheet copies, healthy fears template copies, pencils, timer
 - ▶ Activity 2 – Worksheet copies, cinquain template copies, pencils, timer

Team Leader tasks:

- Welcome the Group and encourage participation.
- Read aloud the Character Development Quote.
- Watch the “Facing Fear Without Freaking Out” DVD clip (optional):
 - ▶ Activity 1 – Chapter 4
 - ▶ Activity 2 – Chapter 3
- Pass out activity materials.
- Read aloud the worksheet activity and help guide the Group.
- After completing the activity, lead an open discussion on what was learned.
- Remind the Group to write in their journals.

Closing:

- Thank everyone for coming and participating.
- Provide the date and time for the next Group activity.
- Encourage involvement in future Group activities.

Clean-up:

- Put away materials and leave everything as you found it.
- Return the Team Leader badges to the Adviser.

STAY IN LINE

Give me five...

write a cinquain poem!

Materials: Worksheets, cinquain templates, pencils, timer
Directions: Read the worksheet, complete the activity and discuss with the Group.

What has five parts?

- There are five senses: Taste, sight, touch, smell, hearing.
- The alphabet contains five vowels: a, e, i, o, u.
- There are five weekdays: Monday, Tuesday, Wednesday, Thursday, Friday.
- A cinquain poem has five lines.

A what?

A cinquain poem is a non-rhyming poem with five lines and 11 total words.

SKYE'S CREEPY CINQUAIN POEM

Spiders (line 1: one word topic)

Hairy, small (line 2: two descriptive adjectives)

Creepy, hiding, jumping (line 3: three action verbs)

Give me goose bumps (line 4: four words on how it feels)

Biters! (line 5: one word synonym for line 1)

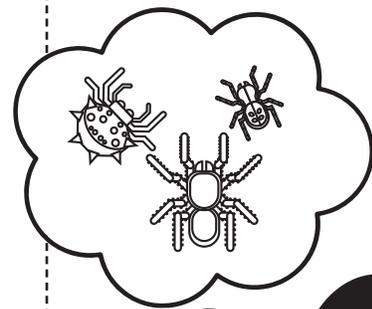
Today, we're going to explore our fears using the cinquain poem formula. First, let's read a poem about spiders.

As you can see, line 5 is a synonym of line 1. What's a synonym? It's a word that has the same or almost the same meaning. In Skye's poem, "spiders" is almost the same as "biters." Another example is "awful" and "terrible."

Now, let's read the activity instructions and write our own cinquain poems. Let's have fun!

ACTIVITY INSTRUCTIONS

- 1 Brainstorm things about your greatest fear by answering the four questions at the top of the cinquain template.
- 2 On the template, write a cinquain poem using your brainstorming ideas. Choose your most colorful and descriptive words for the poem, but only use the 11 lines. You'll have 8 minutes to write.
(Set the timer for 8 minutes.)
- 3 When the timer sounds, we'll share our poems with the Group.



MY CREEPY CINQUAIN POEM

1. What is your fear?

.....
.....
.....

2. Why are you afraid of it?

.....
.....
.....

3. How does your fear make you feel?

.....
.....
.....

4. What words describe your fear?

.....
.....
.....

Directions: Write your cinquain poem on the 11 lines below. Read the information in the parentheses to help guide your choice of words.

_____	(line 1: one word topic)
_____' _____'	(line 2: two descriptive adjectives)
_____' _____' _____'	(line 3: three action verbs)
_____ _____ _____ _____	(line 4: four words on how it feels)
_____	(line 5: one word synonym for line 1)

UNIT 1 AGENDA

Deployment

Select and check one:

- Activity 1 – *On the ball: Share your feelings about deployment*
- Activity 2 – *Pre-deployment: Ask questions to stay informed*

Adviser tasks:

- Hand out badges to Team Leaders.
- Gather materials for the selected activity and make copies as indicated:
 - ▶ Activity 1 – Worksheet copies, feelings ball
 - ▶ Activity 2 – Worksheet copies, deployment template copies, pencils

Team Leader tasks:

- Welcome the Group and encourage participation.
- Read aloud the Character Development Quote.
- Watch the “With You All The Way! Dealing With Deployment” DVD clip (optional):
 - ▶ Activity 1 – Chapter 4, marker 3:54–5:51
 - ▶ Activity 2 – Chapter 5, marker 5:52–7:17
- Pass out activity materials.
- Read aloud the worksheet activity and help guide the Group.
- After completing the activity, lead an open discussion on what was learned.
- Remind the Group to write in their journals.

Closing:

- Thank everyone for coming and participating.
- Provide the date and time for the next Group activity.
- Encourage involvement in future Group activities.

Clean-up:

- Put away materials and leave everything as you found it.
- Return the Team Leader badges to the Adviser.

ON THE BALL

Share your feelings about deployment

Materials: Worksheets, feelings ball

Directions: Read the worksheet, complete the activity and discuss with the Group.

What is deployment?

Deployment is when our special person moves from home to another location for work. Often, it's a place far away from family and friends.

It's important to express your emotions about deployment.

For those of us left at home, deployment can mean moving and not seeing our special person for a long time. Deployment can make us feel lonely, worried and sad.

Instead of stressing out about deployment, get your feelings out. Talk about what's bothering you and share what's inside.

For today's activity, we're going to use a ball to identify and explore our feelings.



ACTIVITY INSTRUCTIONS

- 1 Gather in a circle and hand the feelings ball around. When you're handed the ball, say the feeling word closest to your right thumb. Then, share how the feeling word relates to your thoughts about an upcoming or current deployment.

If you want to say something about your own special person's deployment, share those feelings. Or, if you want to support a friend who's dealing with deployment, explain how they feel. You can even say how other people you know have felt about deployment. For example, if your word is "worried," explain how deployment can make a person feel upset or fearful.

- 2 Pass the ball around until everyone has had a turn to say their feeling word and share something about deployment.
- 3 When everyone has had a turn, let's discuss the emotions we can feel when our special person is facing deployment or is away on deployment. We can talk about healthy ways to express our feelings, such as talking to a trusted adult, writing in a journal and exercising.





Anchored Life
Tour Checklist

- Greet them with a smile, slight head nod, speak up, say your name, title (Team Leader), grade, and classroom, and seek something in common by asking a question, like “What is your favorite activity?”
- Follow the designated route to show them important places.
- During the tour:
 - Share the mission and mascot.
 - Talk about the Club and how we help others.
 - Share my job duties as a Team Leader.
 - Introduction to important people.
 - Talk about the Crew Members being their classroom buddy.
 - Invite them to the next activity group.
- Prove the Welcome kit and share what’s inside.
- Thank them for their time.
- Remind them that you are there to help them.
- Remind them of your name, grade, and classroom.
- Welcome them once again.
- Return to the designated location determined by the Adviser.



Anchored4Life
Service Project Ideas

Below are some ideas to get your location started on generating ideas for Service Projects. After your location has decided on your service project, please share your project with us. We will add it to our list to encourage other locations to start their service project.

1. Organize a coat drive.
2. Peace garden.
3. Buddy bench.
4. Organize a food drive.
5. Send cards to military members overseas.
6. Organize a can drive.
7. Collect hotel toiletries for the homeless.
8. Participate in “Pennies for Patients” to benefit The Leukemia and Lymphoma Society.
9. Make Valentine’s Day cards for senior citizens.
10. Decorate placements for Meals on Wheels.
11. Collect school supplies for youth in need.
12. Pick up trash at your location, local park, or another place in your community.
13. Book drive and donate books to your local homeless shelter, library, etc.
14. Spread mulch for location beautification.
15. Develop and maintain a recycling program at your location.
16. Make holiday baskets for people in need.
17. Make treats for a senior citizen home.
18. Help a local animal shelter.
19. Volunteer at a Special Olympics event.
20. Host a lemonade or hot chocolate stand for new youth.

Anchored4Life requires one (1) service project per year. If your location already has a service project identified, ask the Team Leaders to participate.

Anchored Life

Meeting Minutes

TODAY'S DATE _____

MEETING START TIME: _____

ADVISERS PRESENT: _____

TEAM LEADERS PRESENT: _____

AGENDA ITEM(S) (PLEASE CIRCLE)

Practice Plan Prep

FOR EACH TOPIC USED, PLEASE CIRCLE THE TOPIC AND LEVEL OF SUPPORT PROVIDED.

Youth Name: _____

Transition Topic:
Moving Deployment Healthy Body Making Friends Reintegration Bullies Fear Homework

Team Leader Provided: Kit Tour Crew Member Activity: _____

Youth Name: _____

Transition Topic:
Moving Deployment Healthy Body Making Friends Reintegration Bullies Fear Homework

Team Leader Provided: Kit Tour Crew Member Activity: _____

Youth Name: _____

Transition Topic:
Moving Deployment Healthy Body Making Friends Reintegration Bullies Fear Homework

Team Leader Provided: Kit Tour Crew Member Activity: _____

Meeting Minutes (cont.)

Youth Name: _____

Transition Topic:

Moving Deployment Healthy Body Making Friends Reintegration Bullies Fear Homework

Team Leader Provided: Kit Tour Crew Member Activity: _____

IDENTIFY AND PLAN THE CLUB FEATURE(S) TO BE USED



Club Feature: Character Development Quotes

Who? _____

What? _____

When? _____



Club Feature: Activity Groups

Who? _____

What? _____

When? _____



Club Feature: Kits

Who? _____

What? _____

When? _____



Club Feature: Tours

Who? _____

What? _____

When? _____



Club Feature: Service Project

Who? _____

What? _____

When? _____

Next meeting date/time: _____

NOTES



