

BE PREPARED

Handle changes with the right life skills

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

When our special person comes home, it can be an exciting time. But it also can be a difficult time. Why?

Because while they were gone, you and your family became used to their absence.

During deployment, family roles and routines change. When your special person returns home, things change again.

At first, you're overcome with excitement — your special person is finally home! But in that excitement, you may not realize roles and routines will need to change again. This can lead to frustration.

Instead of letting frustrated feelings sneak up on us, let's be prepared. Today, we're going to discuss potential changes we face and what life skills can help make the changes easier.

STEP ONE

Let's brainstorm different changes we may be going through now or in the future. For example, if we move, we may have to make new friends.

For each change we brainstorm, think of a life skill to help handle the change. For example, if we move and have to make new friends, we could join a sports team. Being on a team allows us to meet new people and create friendships.

Be sure to write all the ideas on your worksheet.

STEP TWO

Take your worksheet home. When you're having a tough time dealing with change, read the worksheet. Use the proper life skill and ease the change. Overcome your frustrations!

CHANGE	LIFE SKILL TO HANDLE THE CHANGE

