

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.

