

A NEW LIGHT

# Recognize growth and change

**Materials:** Worksheet copies, die

**Directions:** Read the worksheet, complete the activity and discuss as a group.

We all change. These changes become more apparent when there's been a separation.

## It's helpful to recognize the changes that took place while a loved one was deployed.

In today's activity, we're going to explore possible changes in our loved ones. By doing so, we'll be able to accept the changes during reintegration and begin to see our loved one in a new light.

### ACTIVITY INSTRUCTIONS

- 1 We'll take turns rolling the die. The number you roll corresponds to one of the worksheet questions about possible changes a loved one may have experienced during deployment. Read your question and answer it aloud.
- 2 We'll continue to go around the room, rolling the die and answering the questions.
- 3 When everyone has had a turn, let's discuss each question. How will the changes affect your loved one moving forward? How will the changes affect you? Will the changes be better? How can you support your loved one? Will the changes help in your own growth?
- 4 As you become "reacquainted" with your loved one, be patient and understanding. Spend time doing simple things together, such as preparing meals, talking or even reading a book.

### POSSIBLE CHANGES DURING DEPLOYMENT

Roll	Question
1	Did your loved one become more skilled at their job?
2	Did your loved one meet and make new military friends?
3	Did your loved one meet people from different cultures or learn a new language?
4	Did your loved one see new places or experience unusual events?
5	Did your loved one try different foods they'd never eaten before?
6	Did your loved one learn new skills or attempt new ways of doing old things?

