

HAT'S ON!

Handling roles and responsibilities

Materials: Worksheet copies, pre-cut role cards stacked face down, variety of hats (made or purchased), bucket

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

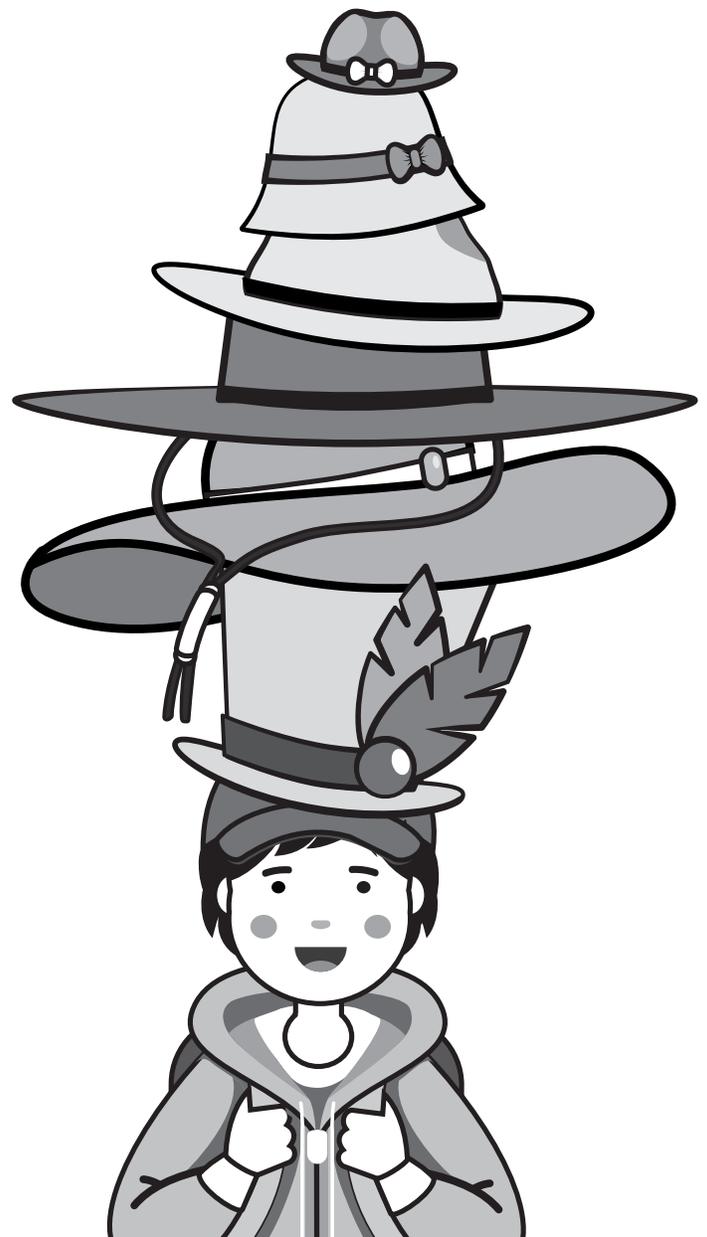
All of us have duties at school and around the house. When a loved one deploys, we take on additional roles and responsibilities.

When we're wearing numerous hats, it can be tough to complete all our tasks.

Today, we're going to role-play different responsibilities. We're going to try on a lot of hats!

ACTIVITY INSTRUCTIONS

- 1 Taking turns, pull a hat out of the bucket and put it on. Then, pick a role card from the stack and try to figure out how to add the role to your current duties. Explain to the group how you'll balance your "hat duties" with your card role.
- 2 Continue putting on hats, picking role cards and figuring out how to balance responsibilities until everyone has had a turn.
- 3 Let's discuss the activity. Can wearing too many hats and playing too many roles be overwhelming? When we're overwhelmed, where can we turn for help? How can family members share these roles and responsibilities?





Coach

Detective

Babysitter

**Garbage
collector**

Landscaper

Sports player

Nurse

Chef

Housekeeper

Cheerleader

Dishwasher

Timekeeper