

HERE FOR YOU

Support those in transition

Materials: Worksheets, pens or pencils

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

When our special person comes home, it sometimes can be a difficult transition for a variety of reasons.

Things have changed during deployment: We've grown and our special person has grown. And it's likely our friends are experiencing the same emotions and challenges over their own transitions.

One of the most important life skills to learn is how to reach out and ask for help.

If you or a friend is struggling with a transition, it's time to act. Today, we're going to explore ways we can help one another by providing support and encouragement.

STEP ONE

On the worksheet, you'll see a list of transitions. After we read each transition aloud, let's brainstorm ways we can support and encourage others going through the transition. Be sure to write the ideas on your worksheet.

STEP TWO

Take your worksheet home. Whenever you or a friend faces a transition, refer to the worksheet. You'll be able to get the support and encouragement everyone deserves!

| TRANSITION | WAYS TO OFFER SUPPORT AND ENCOURAGEMENT |
|---|---|
| Accepting why a special person deployed. | |
| Moving to a new location | |
| Trying to fit in and make new friends. | |
| Learning a new role at home. | |
| Dealing with change when a special person returns home. | |
| Understanding why a special person acts differently. | |
| Sharing how you've grown and changed. | |

