

IT'S A DATE

Record the days of your life

Materials: Worksheet copies, template copies, pens or pencils

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

Deployment extends over several months — even to a year or longer. During that timeframe, many holidays and events occur.

Maintaining a calendar of special occasions lets you share your life with your deployed loved one.

Today, we're going to start a calendar to record our life's events.

STEP ONE

On the calendar template, write down important dates and activities that will occur each month during your loved one's deployment. Remember to record events like birthdays, holidays, anniversaries and special occasions. Use the worksheet examples to help guide you.

STEP TWO

Let's discuss our calendars. How can we continue to share important dates even when our loved one is absent?

<p>February</p>  <p>Valentine's Day</p>	<p>March</p>  <p>My piano recital</p>
<p>May</p>  <p>Mom's birthday</p> <p>Joe's graduation </p>	<p>June</p>  <p>Last day of school!</p>



January	February	March
April	May	June
July	August	September
October	November	December

