

JUST ASK

Seek support to help you cope

Materials: Worksheet copies, template copies, pens or pencils

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

When a loved one deploys, you experience different emotions. Sometimes, you think no one understands or knows what you're going through.

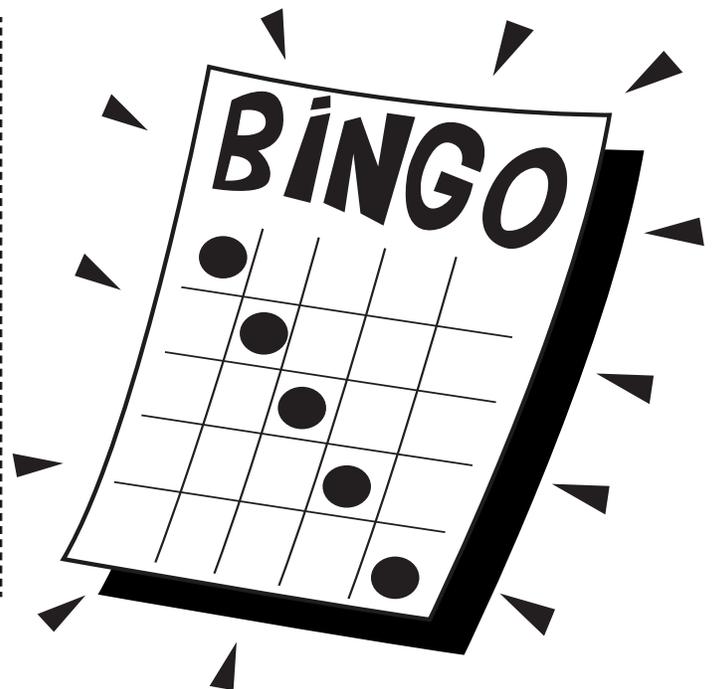
But you're not alone.

Your parents, family, friends, teachers and others can offer support and encouragement. With their help, you can learn to see deployment as a time of growth and confidence building.

Today, we're going to play deployment bingo using emotions and coping skills.

ACTIVITY INSTRUCTIONS

- 1 We'll randomly call out emotions and coping skills on the template. If during deployment you've experienced the emotion or used the coping skill, write an X beside it.
- 2 When you have five X's across, down or diagonally, say "Bingo." We'll continue to play until everyone has a bingo.
- 3 Let's discuss emotions we can feel when a loved one deploys, and how we can help others when their loved one deploys. What coping skills can help us through tough times?



DEPLOYMENT BINGO: EMOTIONS AND COPING SKILLS

B ★ I ★ N ★ G ★ O

Anger	Pride	Count backwards	Think positive thoughts	Share with a teacher
Loneliness	Do a fun activity	Sadness	Connect with loved ones	Happy
Left out	Joyful	FREE SPACE	Disappointment	Nervous
Feel proud of myself	Anxious	Help others through it	Mad	Fear
Take deep breaths	Exercise	Talk to friends	Feel thankful	Deal with things positively

