

STEP UP

Adjust to new responsibilities

Materials: Worksheet copies, soft ball

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

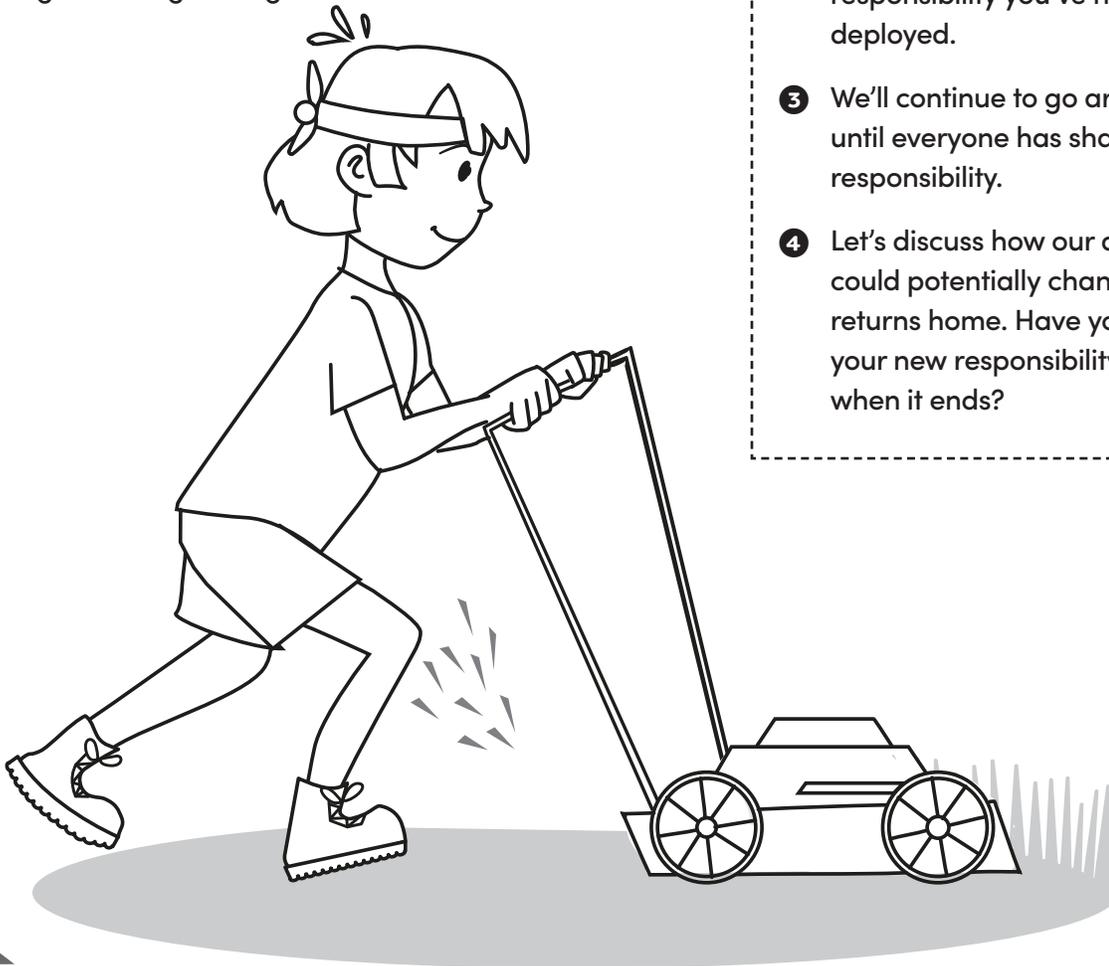
Family members step up and assume additional responsibilities when a loved one deploys.

Maybe you mow the lawn now. Or, prepare your own school lunch in the morning.

Our family roles and responsibilities change during deployment. They change again when our loved one returns.

Understanding our expectations about reintegration and the adjustments we must make are vital to a healthy family situation.

Today, let's spend time talking about how our responsibilities have changed and will change again during reintegration.



ACTIVITY INSTRUCTIONS

- 1 Sit or stand in a circle. Give the ball to a youth.
- 2 Taking turns, pass the ball around the circle. When it's your turn, share one additional responsibility you've had since your loved one deployed.
- 3 We'll continue to go around the circle until everyone has shared one additional responsibility.
- 4 Let's discuss how our added responsibilities could potentially change when our loved one returns home. Have you grown accustomed to your new responsibility? Or, will you be happy when it ends?