

NAME: _____

**I AM A
MILITARY CHILD**

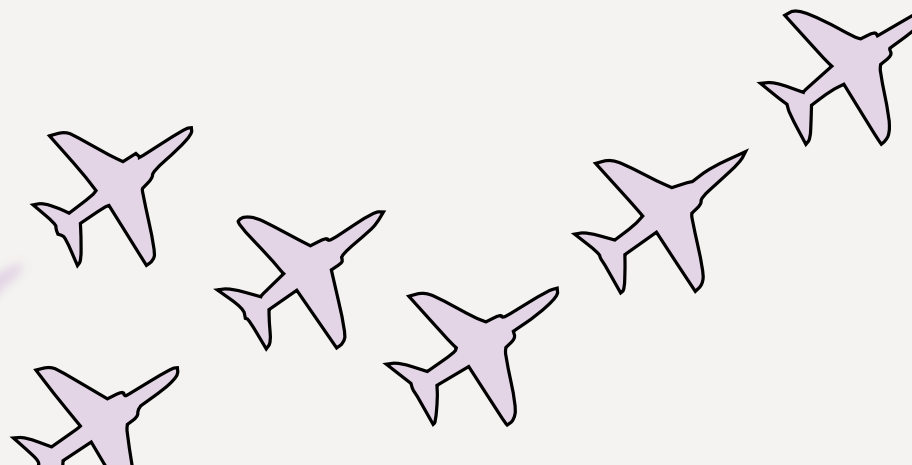


A workbook designed to celebrate military children and their incredible lives.

HELLO, WELCOME TO THIS WORKBOOK!

As you may know, April is a very special time of year because it marks the month of the military child. This month is designed to celebrate all of the amazing things about you - an incredible military child.

We hope you know how appreciated you are and enjoy the activities in this workbook.



MILITARY B.R.A.T.

You may have heard that military kids are referred to as "military brats" but what does that actually mean? We define a BRAT as someone who is: Brave, Resilient, Adaptable and Terrific. Just like YOU!

Draw a picture of you (AKA the coolest army BRAT around) in this picture frame.



B - BRAVE
R - RESILIENT
A - ADAPTABLE
T - TERRIFIC

MY MILITARY MAP

Military kids get posted and travel all over the world. Colour in the map below to show us where you have lived and travelled! Another fun adventure.

- Use **ORANGE** for places you have lived.
- Use **GREEN** for places you have travelled.
- Use **BLUE** for places you would like to visit.



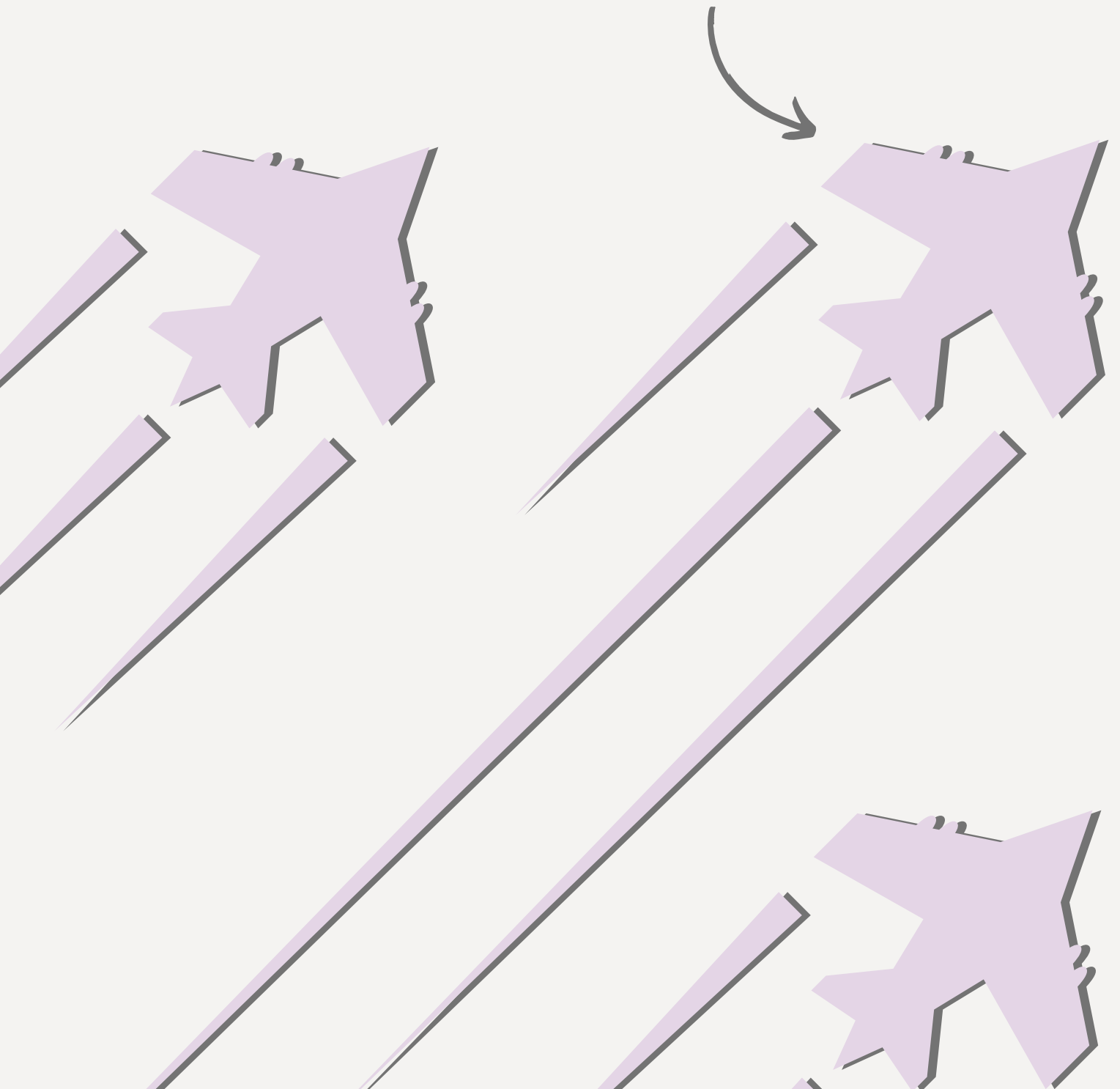
COLOURING PAGE

"Home" doesn't always have four walls and refer to a place that you've lived in forever. Usually for military kids, the concept of "home" can be hard to explain. We like to think of "home" as our adventures, friends, family and community because anywhere the military sends us can be "home".



I AM FIGHTER JETS

Tell us about you! Write a cool thing about yourself in each of the fighter jets!



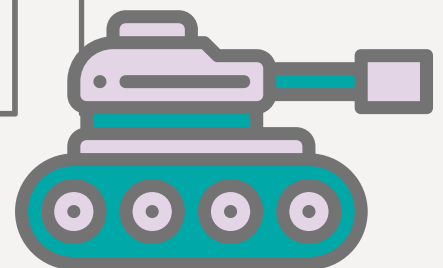
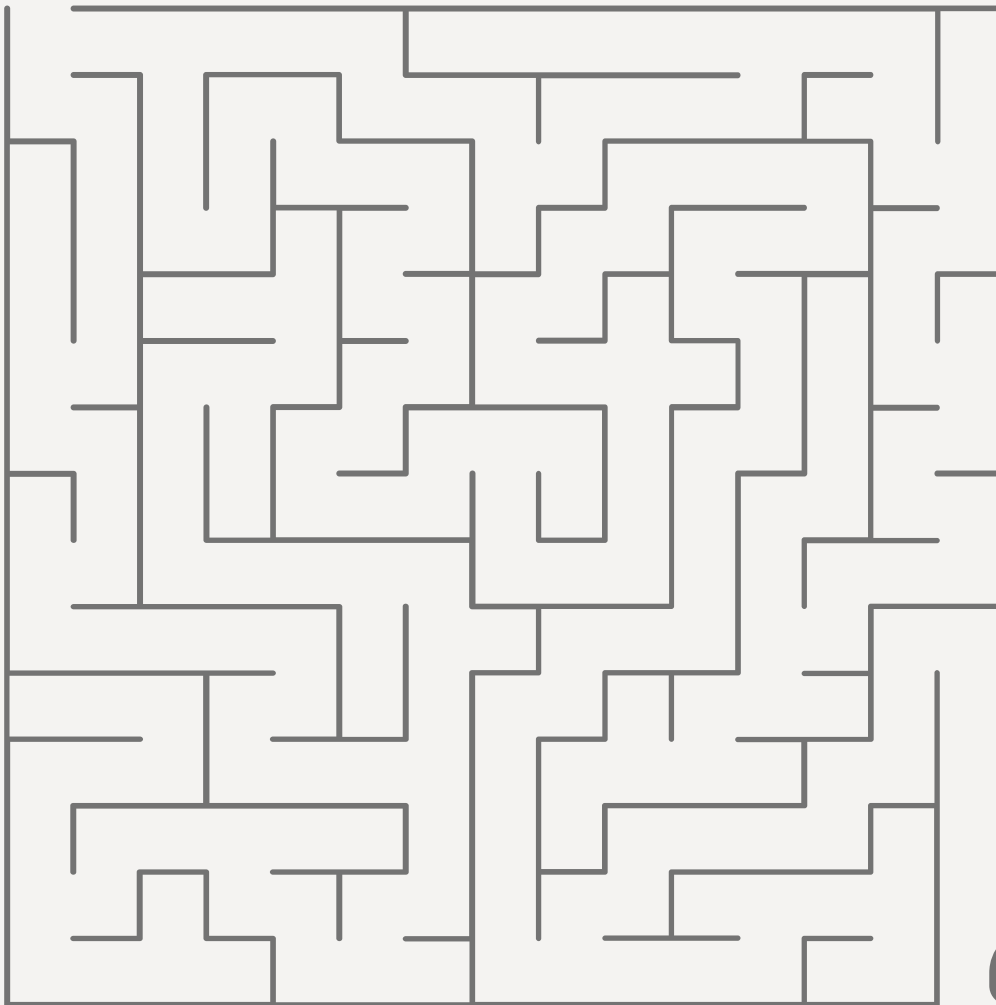
I MISS YOU POST CARD

My loved one(s) sometimes go away on training missions and deployments. I miss them when they are gone but I know they are doing important things and helping lots of people. Write a post card to someone you are missing and tell them all about the things you have been up to!

A yellow postcard template with a decorative border of teal and purple triangles. It features a rectangular box for an address in the top right, a vertical line for a recipient name on the left, and four horizontal lines for a message on the right.

FIND THE ARMY TANK

Start at the maze entrance and help track down how to get to the army tank on the other side!



MY LIFE AS A MILITARY CHILD

To me, being a military child means...



Some cool parts about being a military child are...

Some tough parts about being a military child are...

I SERVE TOO

People don't talk about it a lot but being a military child is a brave way of serving our country. We serve on the "home front" which means we help our at-home parent or caregiver by making sure things run smoothly when our loved ones are deployed. We make sure things are okay at home so our loved ones can be brave all over the world.

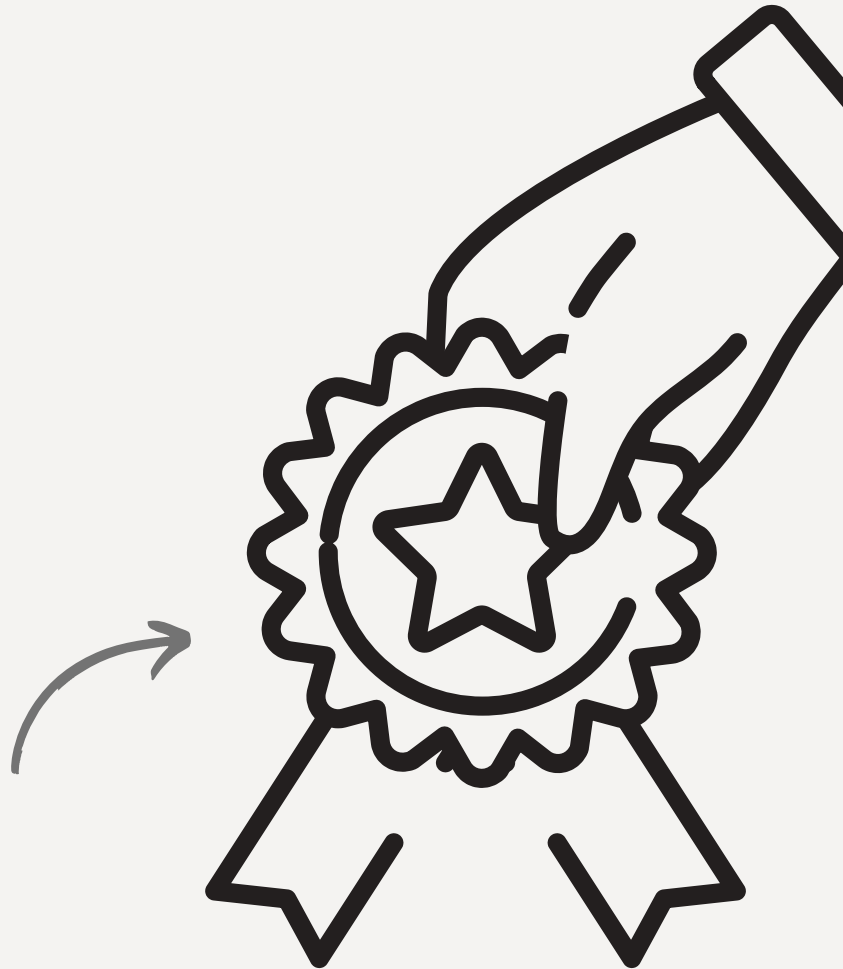
What makes you proud to be a military child?

#1

#2

#3

Colour in this medal as a thank you for your service as a military child!





THE DANDELION

The Flower of the Military Child

The official flower of the military child is the dandelion. Why? The plant puts down roots almost anywhere, and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Experts say that military children are well-rounded, culturally aware, tolerant, and extremely resilient. Military children have learned from an early age that home is where their hearts are, that a good friend can be found in every corner of the world, and that education doesn't only come from school. They live history. They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences."

THANK YOU

Thank you for doing our workbook. We hope you walk away knowing that we are grateful to you for your service on the home front.

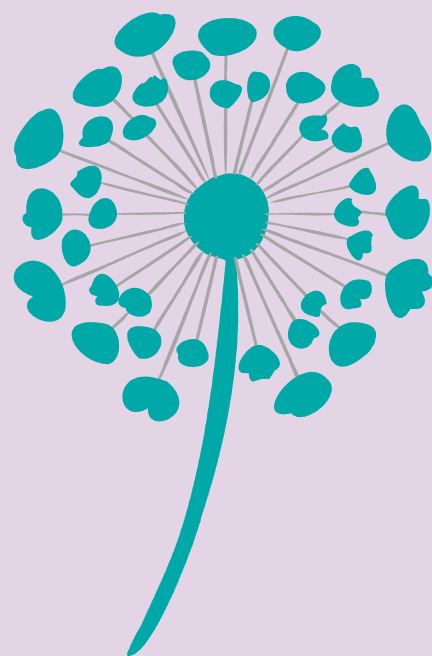
You are brave, resilient, adaptable and terrific.

Thank you for all that you do.



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**This workbook was
proudly designed by:**

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ABOUT THE AUTHORS

Brittany Bruce and Alexandra Lessard are the twin daughters of a retired, dual-serving military couple and have first-hand experience with the realities of growing up in a military family.

Brittany holds a Master of Social Work and currently has the privilege of working and living in the Northwest Territories. Brittany is particularly passionate about supporting Veterans and currently serving military members, and their families with issues related to operational deployments, Operational Stress Injuries, complex PTSD, addiction and family separation/reintegration.

Alex holds a Bachelor of Arts & a Bachelor of Education. She works as a French Immersion teacher in Alberta, in a community which serves many children and youth from CFB Edmonton. She is the proud creator and one of the facilitators of her school "Dandelion Club", a support group for children of Military and Veteran families.