

# I AM A MILITARY CHILD

A workbook to celebrate military children  
and their incredible lives



Designed by:

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# Hello, and welcome to this workbook!

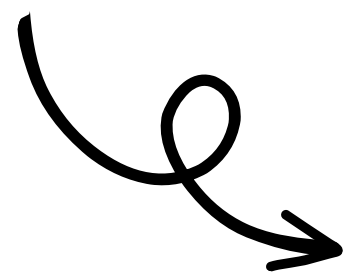
As most of you know, April is a very special time of year because it marks the month of the military child. This month is designed to celebrate all of the amazing things about you - an incredible military child.

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



# I AM A MILITARY CHILD

Draw a picture  
of yourself here!



Finish the sentences to complete the poem!

I am.....

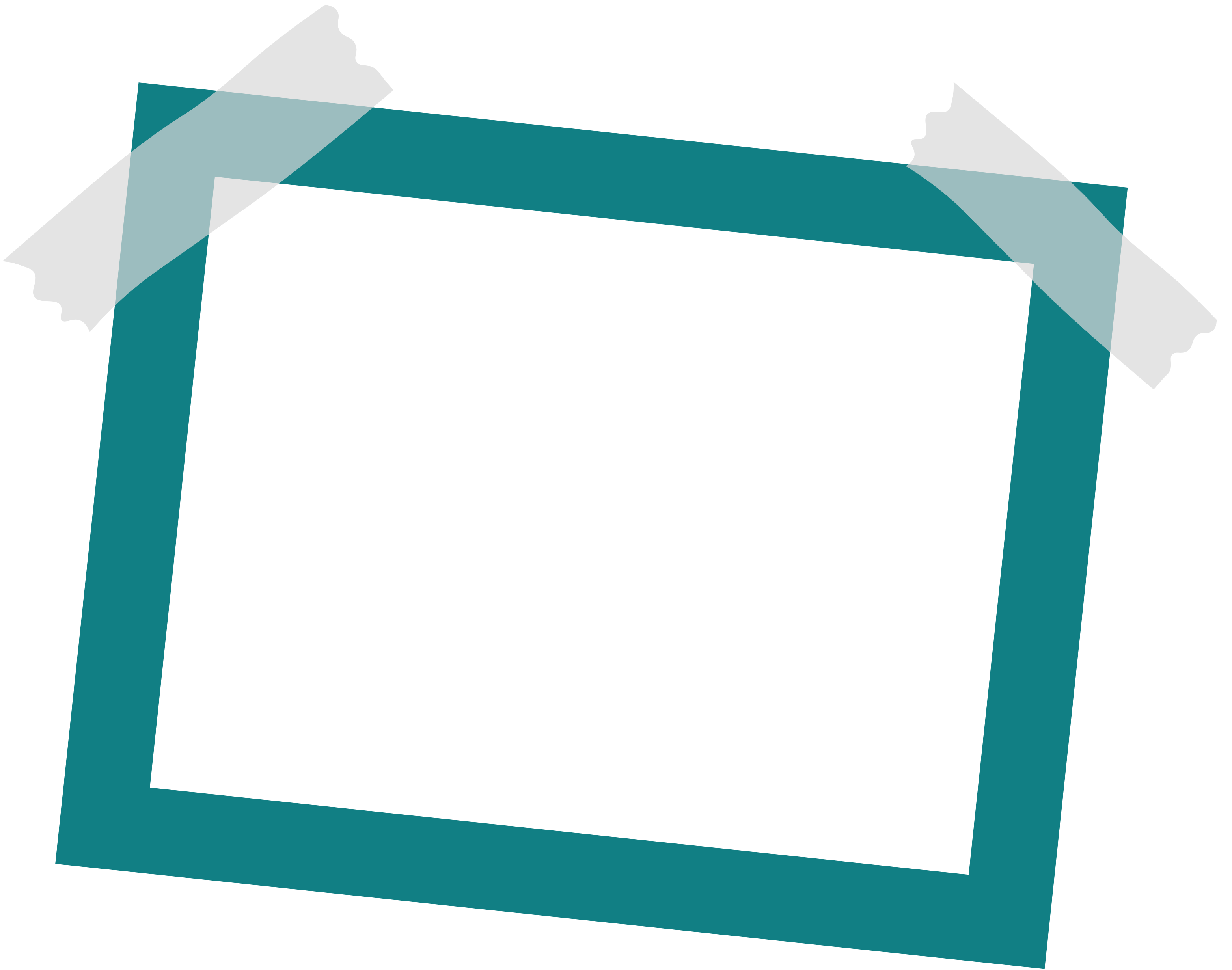
I am.....

I am.....

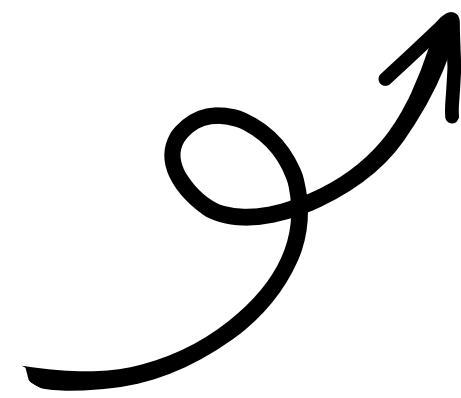
I am.....

I am a military child

# MY MILITARY FAMILY



Draw a picture of your  
amazing military family!



Remember that chosen family are a  
part of families too!

# I AM BRAVE



I AM BRAVE BECAUSE...



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# MILITARY CHILD BINGO

I have been posted

My Dad is in the Army

My loved one is a Veteran

My loved one has been deployed before

I have spent Christmas apart from my loved one

I have attended a Remembrance Day Ceremony

I have lived on a base

I have tried on a helmet

I have been to 3 or more schools

My teacher is a Military Child

I have friends in another province or territory

I have tried on my loved one's combat boots

My Mom is in the Army

I have been posted more than 3 times

I have travelled to another country

I can speak at least two languages

Both of my parents are in the Army

I was born in another province or territory

I have a picture of me in a LAV or a helicopter

I have siblings

I have a teal shirt for Teal Up

I have played in moving boxes

I enjoy being a Military Child

I have lived overseas

I like to make new friends everywhere I go

# MY SUPPORT SYSTEM

Write down 5 people who support you as a military child!



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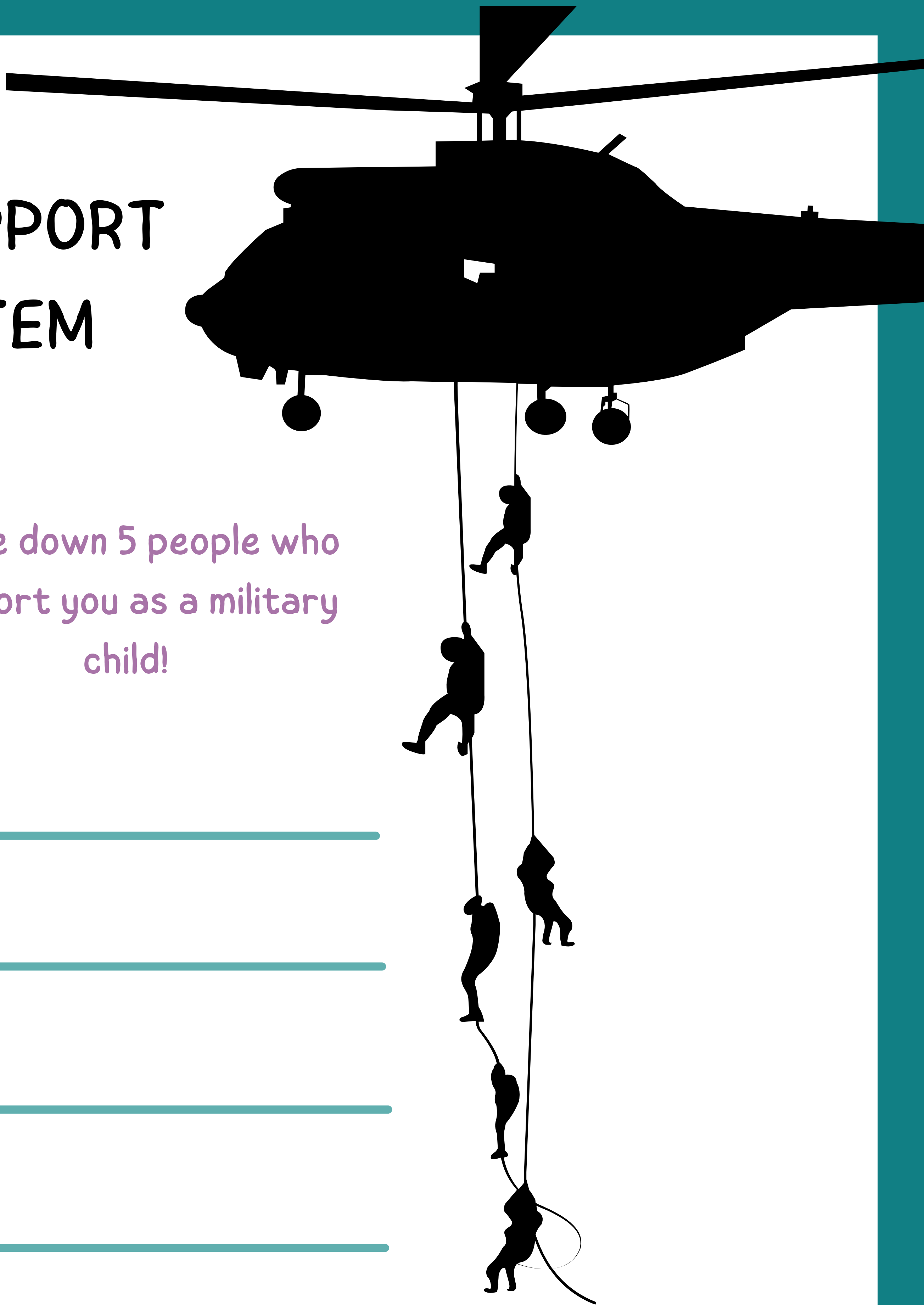
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# MY MILITARY CHILD MAP

Military kids get posted and travel all over the world. Colour in the map below to show us where you have lived and travelled! It will be like going on another fun adventure.

- Use **TEAL** to colour all the places you have lived.
- Use **PURPLE** to colour all the places you have travelled.
- Use **ORANGE** to colour in all the places you would like to visit.





# SPECIAL DELIVERY POSTCARD

Military kids get posted and travel all over the world.  
Write a postcard to someone who is important to you, that  
might feel far away right now!

PLACE  
STAMP  
HERE

POSTCARD

FROM:



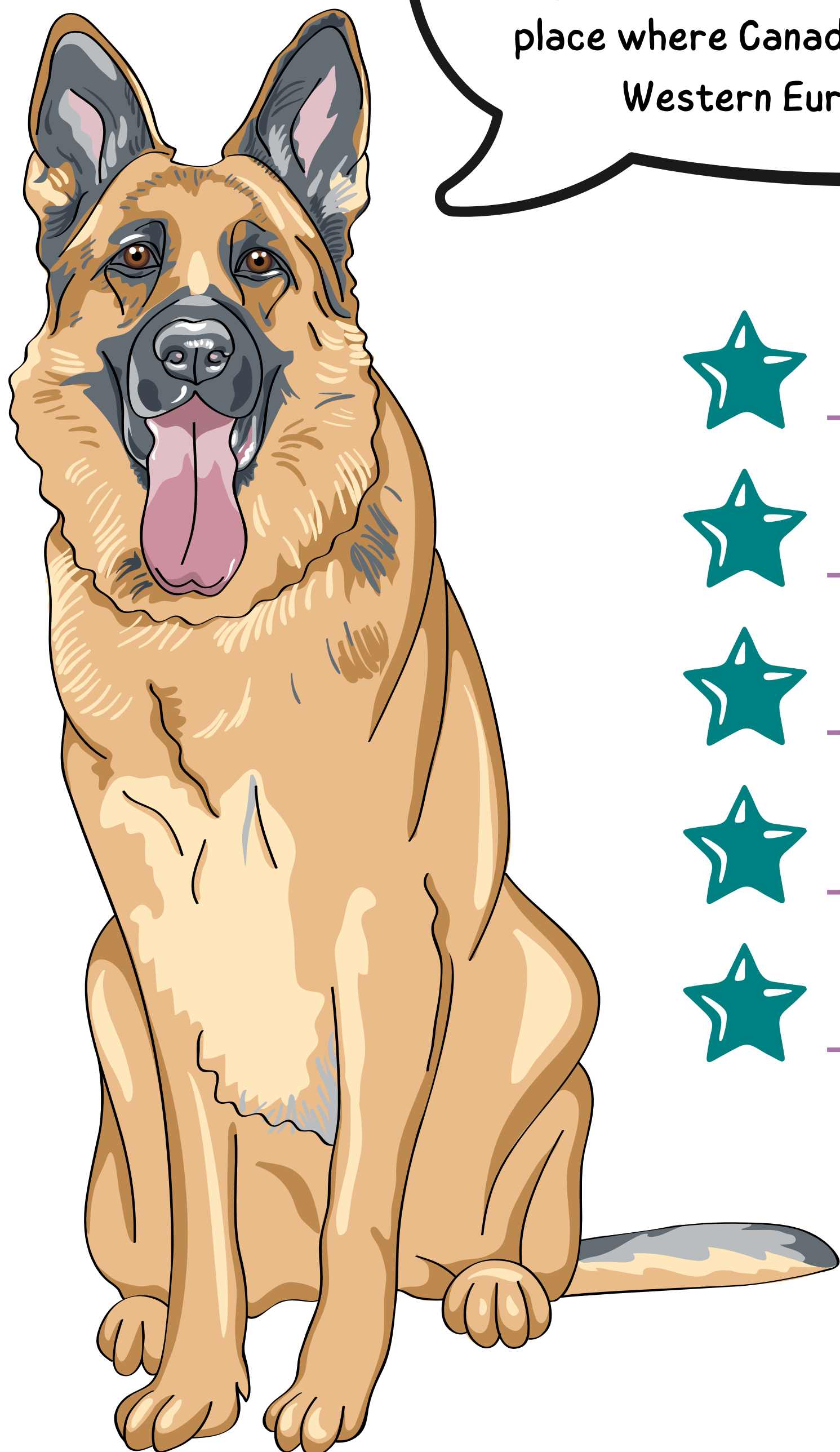
# MEET JUNO!

Juno is a special puppy who helps military families cope with big feelings. He helps keep us safe and helps us feel better when we are feeling sad, scared, worried, anxious, or angry.

What are some ways that Juno can help us with our big feelings?

**Woof! Can you guess where my name comes from?**

I'll give you a hint... I am named after the place where Canada landed to liberate Western Europe on D-day.



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# I AM BRAVE WORDSEARCH

C	S	O	L	D	I	E	R	B	S	W	D
O	N	L	H	M	H	K	O	R	C	U	E
M	A	D	Y	E	U	G	O	E	A	R	P
B	W	E	O	L	L	R	B	E	M	I	L
A	B	Y	M	O	S	M	N	Z	O	C	O
T	E	G	U	S	F	O	E	E	U	K	Y
B	L	B	R	S	T	T	R	T	F	O	M
O	P	O	S	T	I	N	G	S	L	L	E
O	R	P	R	M	W	E	C	T	A	U	N
T	B	R	A	V	E	R	Y	N	G	N	T
S	F	C	O	N	F	O	P	L	E	I	E
F	D	A	N	D	E	L	I	O	N	O	N

Dandelion

Postings

Deployment

Soldier

Helmet

Combat Boots

Camouflage

Bravery

## 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 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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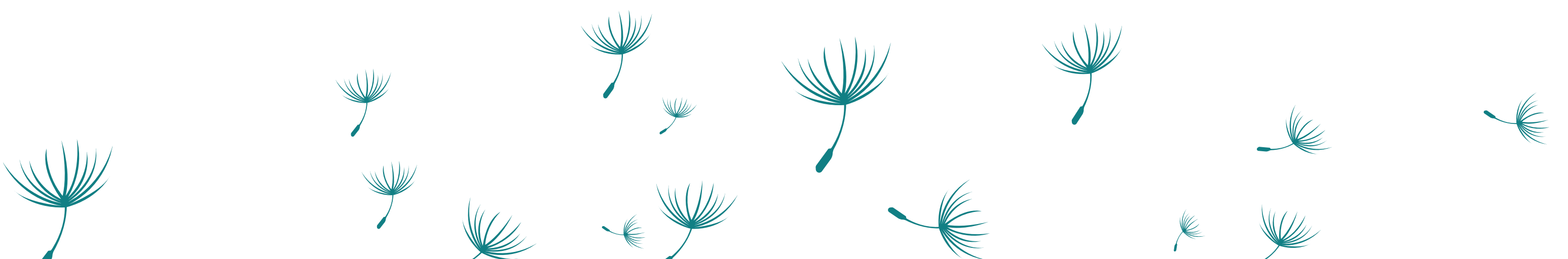
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**[bbrucecounselling@gmail.com](mailto:bbrucecounselling@gmail.com)**





# 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, with her partner who is in the military. 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, substance use 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.

