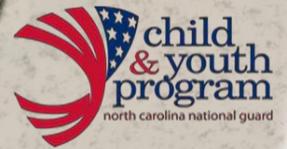


Month of the Military Child Activity Packet



MILITARY KIDS ARE...

Optimistic

Nurturing

Connected

Driven

Funny

Curious

Helpful

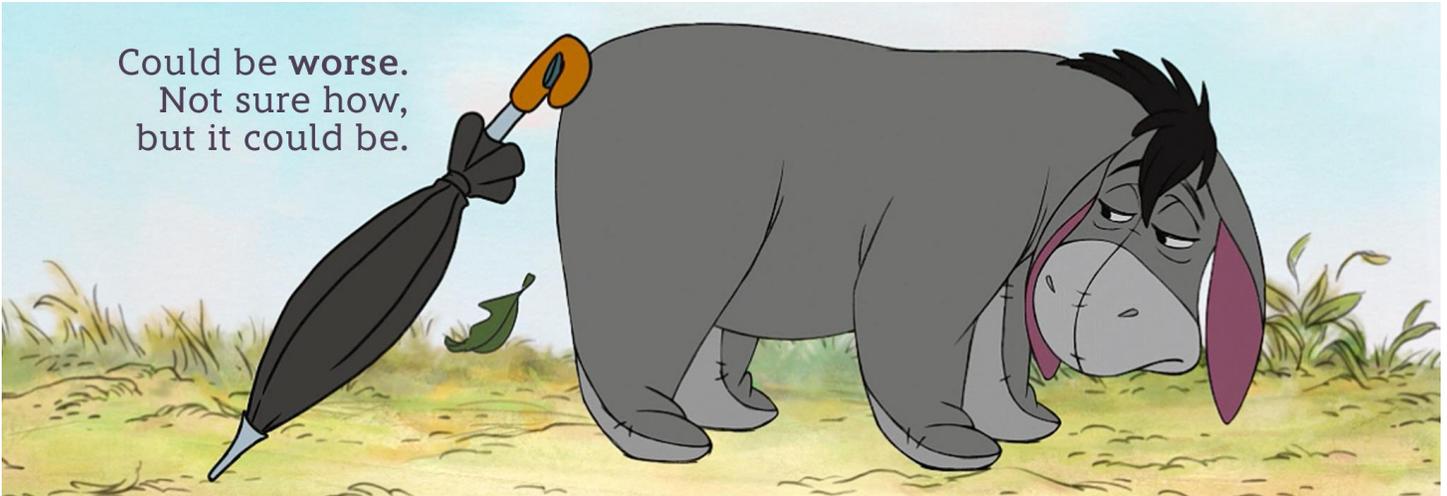
Creative

Heroes

Healthy

Military Kids are:

Optimistic



Could be worse.
Not sure how,
but it could be.

HOW

- Record three good things several times a week
- Write a reflection:
 - Why did this good thing happen?
 - What does this good thing mean to you?
 - How does this good thing make you feel?

Science informs us that people who are Optimistic are also:

- Happier
- Healthier
- Have stronger relationships
- Perform better
- Are more successful

What is your good stuff?	Why did this good thing happen?	What does this good thing mean to you?	How does this good thing make you feel?

Military Kids are: **Healthy**



<p>Prepare a Healthy snack Like a fruit salad</p> 	<p>Go Sock Skating across indoor vinyl or wood floors...add music or disco lights</p> 	<p>Take a walk around your neighborhood, dress in something silly to make others smile!</p> 	<p>Play balloon volleyball in the living room!</p> 
<p>Play Red Light Green Light!</p> 	<p>Do some Spring clean-up around the yard</p> 	<p>Create an obstacle course inside or out</p> 	<p>Play Leap Frog!!</p> 
<p>Help prepare a healthy meal</p> 	<p>Clean and organize a room, closet or garage</p> 	<p>Have a jump rope contest!</p> 	<p>Have a dance contest!</p> 
<p>Play charades</p> 	<p>Have a backyard camp out (no electronics allowed)</p> 	<p>Prepare a healthy shopping list!</p> 	<p>Follow along with a virtual exercise class!</p> 
<p>Build a blanket fort</p> 	<p>Reduce screen time by making a puzzle or playing a board game!</p> 	<p>Go on a rainbow scavenger hunt</p> 	<p>Exercise your mind, read a book!</p>  <p>Find titles at: www.militaryonesource.com in the MWR Virtual library</p>

Military Kids are:

Connected



Let's get to the ROOTS...of your family! Get to know more about your family members. Take a moment to call or video chat your Grandparents, Aunts, Uncles, Cousins etc. to get to know more about them! What do you have in common? What is different?

Below are 20 Questions to help you get started. Feel free to add your own!

1. What is your full name?
2. How did you get your name?
3. Where you in the military? If yes, what did you do?
4. What was your first job?
5. What did you want to be when you grew up? Did that change?
6. Tell me about your brothers and/or sisters?
7. What is your favorite hobby?
8. What was your first car?
9. What is your favorite TV Show?
10. Can you play an instrument? If yes, which one?
11. What is the first think you would dowith one million dollars?
12. What is your first memory of technology (i.e. VCR, beepers, cell phones etc.)?
13. What is your favorite food?
14. Do you like to cook?
15. Do you like any sports? If yes, what teams do you like?
16. What was your favorite subject in school?
17. What is your best memory from childhood?
18. Where is your dream vacation and why?
19. What makes a good friend?
20. What is your favorite thing about me?

21. _____
22. _____
23. _____
24. _____
25. _____

heading
Placed at the top of your letter, including the date and sometimes your address.

greeting
It's like saying "hi", it tells to whom you are writing

body
This is where you write your message.

closing
Write your name here. This tells your reader who the letter is from.

signature
Write your name here. This tells your reader who

The 5 Parts of a Friendly Letter

Label the five parts of a friendly letter

BODY

GREETING

CLOSING

SIGNATURE

HEADING

Today's date
789 ARNG-CYS Street

Dear _____,

Thank you for teaching me how to write a friendly letter. Now, I can write a letter to thank people when they do something special for me.

I can also write a letter to cheer someone up when they are sick or write a note to a good friend. You are the best teacher ever!

From,

MISSION STAY CONNECTED:

Your skills are needed to help your family and friends stay connected. Select 3 important people in your life and write them a friendly letter. If you have a battle buddy/camp friend write about past adventures or upcoming ones. Tell your family members how much they make an impact on your life. Don't forget to include a picture, drawing or paper hug!

Military Kids are: **Driven**



It is always a great time to set some goals you've been hoping to achieve! From saving for something special to reading a certain number of books, the goal is up to you and so is reaching it. Be sure to make your goals S.M.A.R.T.!

SMART Goals	
S pecific	Know exactly what you are wanting to accomplish.
M easurable	How will you know you met your goal?
A chievable	Make sure your goal is not too far to reach, but far enough to be challenging.
R elevant	Link the goal to something important to you; something that inspires you.
T imely	When do you want your goal to be met?

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SMART Goals

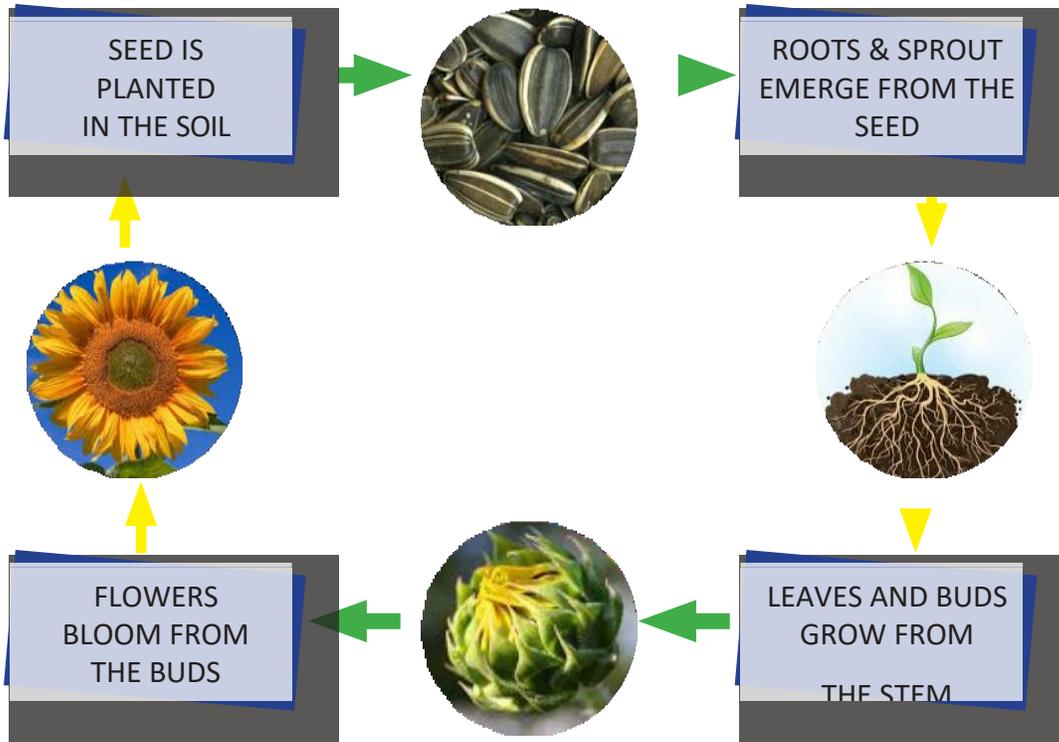
GOOD		BAD
I want to make a 93 or better in reading by May this year.	★	I want good grades in reading this year. <i>What is a good grade?</i>
SPECIFIC		
I want to make no more than one C each 9 weeks.	★	I will get a lot of good test grades. <i>How many is a lot?</i>
MEASURABLE		
I want to make an A on 7 out of 10 tests.	★	I want to make a perfect score on every single test. <i>Is anyone perfect?</i>
ATTAINABLE		
I want to improve my grades because reading is important in every subject and in the real world.	★	My dad will be happy if I make good grades. <i>Who should you set goals for?</i>
REASON		
I want to make a 93 or better in reading by May 30th this year.	★	I want good grades in reading. <i>When?</i>
TIME BASED		



On the places you'll go,
Today is your day!
Your mountain is waiting,
So ...get on your way!

--Dr. Seuss

LIFECYCLE OF A SUNFLOWER



PLANT

Check - Ensure your container for a drainage hole to avoid over-water your plant.

Fill - Fill the container almost to the top with potting soil.

Make - Make a hole for the seed—not too deep!

Cover - Cover the seed and press the potting soil down lightly.

Plant Observation Journal: Type of plant: _____ Date planted: _____

Write or draw how your plant looks each week!

Week 1	Week 2	Week 3	Week 4
Month 2	Month 3	Month 4	Month 5
Month 6	Month 7	Month 8	Month 9

Military Kids are: **Helpful**



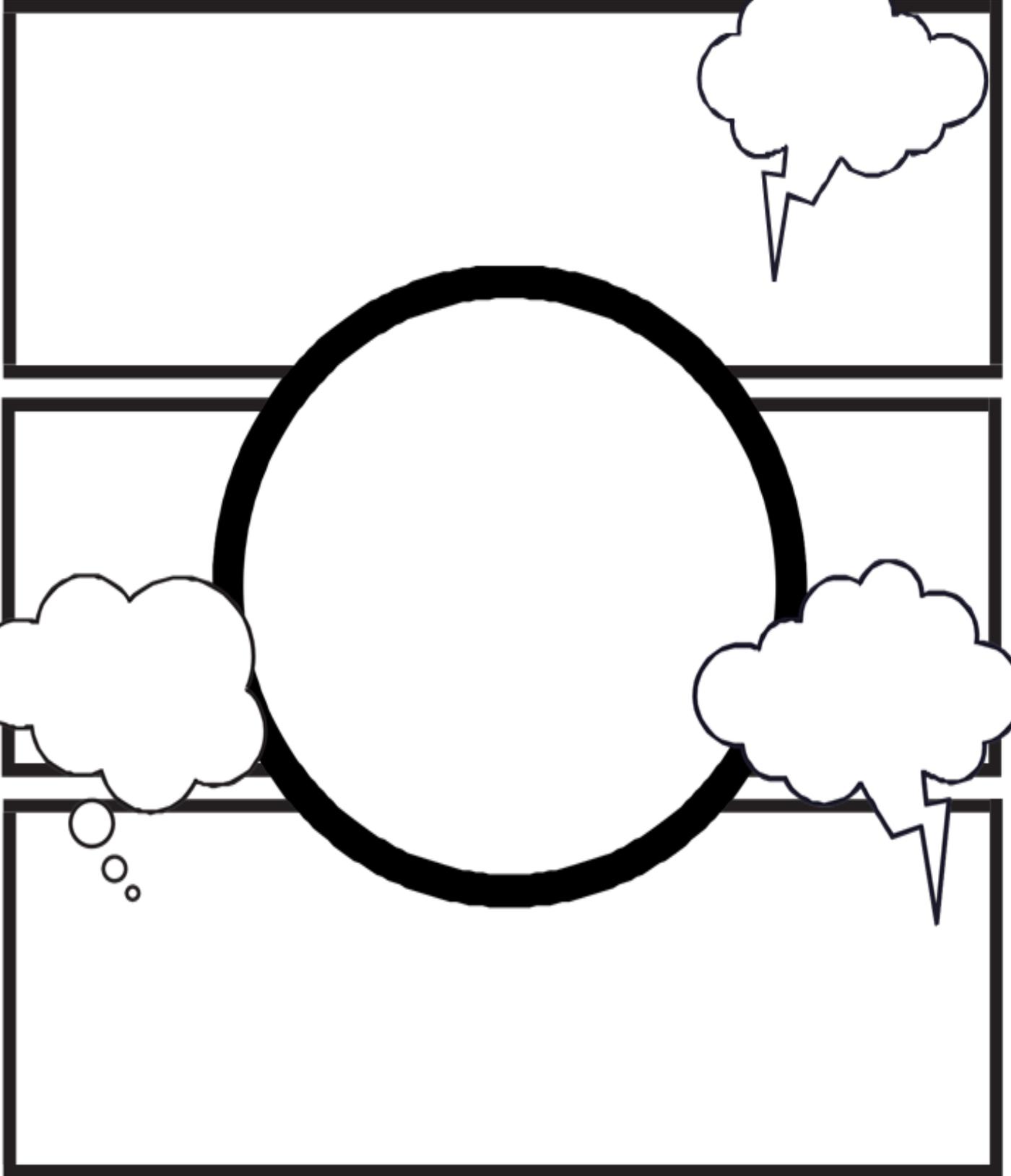
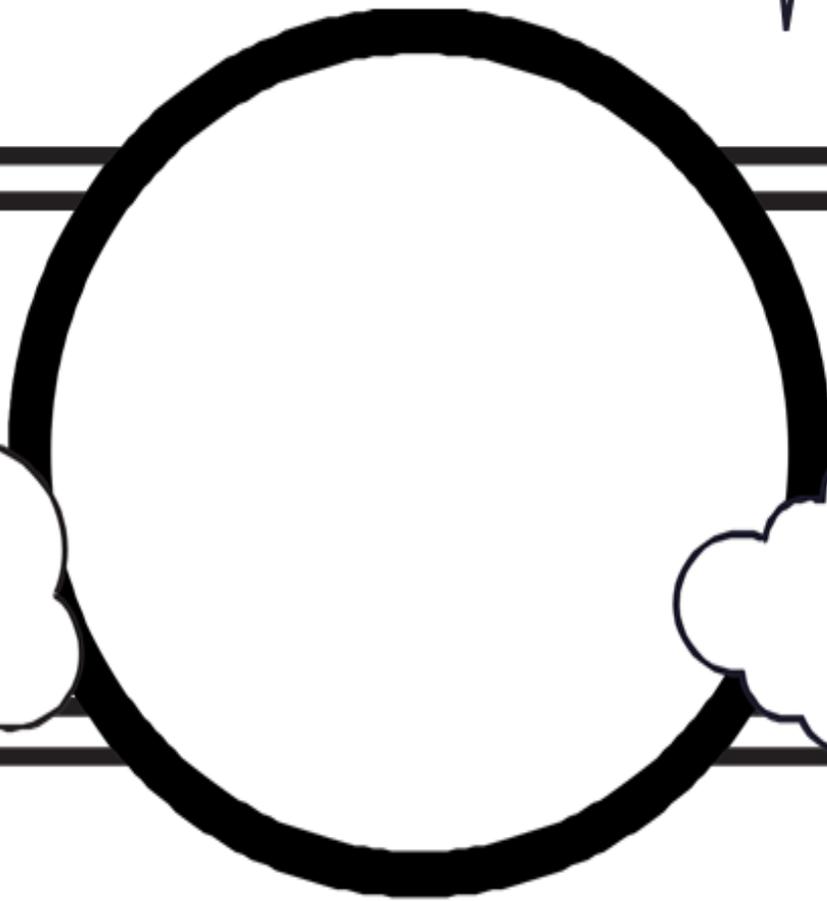
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 EVERYONE: Download the CYS app! Search for 'ARNG CYS' from either the Google Play App or the iPhone App Store.</p>	<p>2 EVERYONE: Write a positive message for a neighbor or someone out for a walk. You can make a window sign or use chalk on pavement.</p>	<p>3 FAMILY IDEA: Make some popcorn and choose a movie for the whole family to watch – NO texting, social media, or phone calls!</p>	<p>4 FAMILY IDEA: Create a Scavenger Hunt or find one online. Depending on the weather, this can be inside, outside, or both!</p>
<p>5 VISIT: militaryonesource.mil and create a free account to gain access to tons of free books and other resources for military families!</p>	<p>6 KID IDEA: Earth Day is coming up remember to recycle Visit PBS for tips https://www.pbs.org/independentlens/garbage-dreams/recycling.html</p>	<p>7 MOMC FACT: NC has 198804 military connected youth approximately 8300 are national guard kids.</p>	<p>8 MOMC FACT: 1.3 million Military children are school-aged.</p>	<p>9 FAMILY IDEA: Enjoy a family dinner together at least once this week. No electronic devices allowed!</p>	<p>10 EVERYONE: Visit www.arngcys.com to learn more about the Child & Youth Program and all the great benefits offered.</p>	<p>11 FAMILY IDEA: Make homemade pizza for dinner as a family; let everyone choose their favorite toppings!</p>
<p>12 EVERYONE: Plan a garden today! Gardening is a great way to eat healthy, spend time together as a family, and care for the planet.</p>	<p>13 MOMC FACT: The National Guard is the only branch celebrating MOMC in April this year. The others are deferring.</p>	<p>14 EVERYONE: Earth Day is next week! Take a hike together if your local trails are open. Otherwise, get creative!</p>	<p>15 EVERYONE: Purple UP! For Military Kids! Wear PURPLE today to show your support for Military Kids! Be sure to share your pictures with us on Facebook and social media #PurpleUpCYS</p>	<p>16 EVERYONE: Hunt the Good Stuff as a family. Share three good things that happened today. Tell why it was good or how it makes you feel #HTGSCYS</p>	<p>17 VISIT: "Visit" the animals at the zoo, aquarium, or parks together. Here's a link for one of many: https://zoo.sandiegozoo.org/live-cams</p>	<p>18 EVERYONE: Finished your yard work why not help an elderly neighbor with theirs</p>
<p>19 MOMC FACT: We wear purple to represent all branches of the military. Green, blue, and red all combine to form a single color, purple.</p>	<p>20 FAMILY IDEA: Patriots Day The reenactors might not be able to come out this year, but you can interview your parent to learn more about their Military career.</p>	<p>21 VISIT: Check out any virtual museum. The National Children's Museum offers daily STEAM sessions. https://nationalchildrensmuseum.org/</p>	<p>22 EVERYONE: Earth Day Check out the https://www.audubon.org/ and get outdoors today!</p>	<p>23 PARENTS: Now is a great time to take the Child & Youth Services needs assessment Survey. www.surveymonkey.com/r/N-Assess</p>	<p>24 KID IDEA: With a parent visit www.militarykidsconnect.dcoe.mil and make a FREE account to connect with other military kids.</p>	<p>25 FAMILY IDEA: Start a weekend tradition: going to the park on Saturday; chocolate-chip pancakes every Sunday morning; endless possibilities!</p>
<p>26 FAMILY IDEA: Learn something new you can do together!</p>	<p>27 EVERYONE: Give a genuine compliment to another Military Child.</p>	<p>28 EVERYONE: Prepare a story to share with your class to teach them about the lives of Military Children.</p>	<p>29 CHALLENGE: Discover your superhero strengths by visiting https://www.authenticchappiness.sas.upenn.edu/ to take the children's quiz.</p>	<p>30 MOMC FACT: Month of the Military Child began in 1986 as a way to recognize the sacrifices and to applaud the courage of military children.</p>		

You are Funny...Let's Make a Comic!

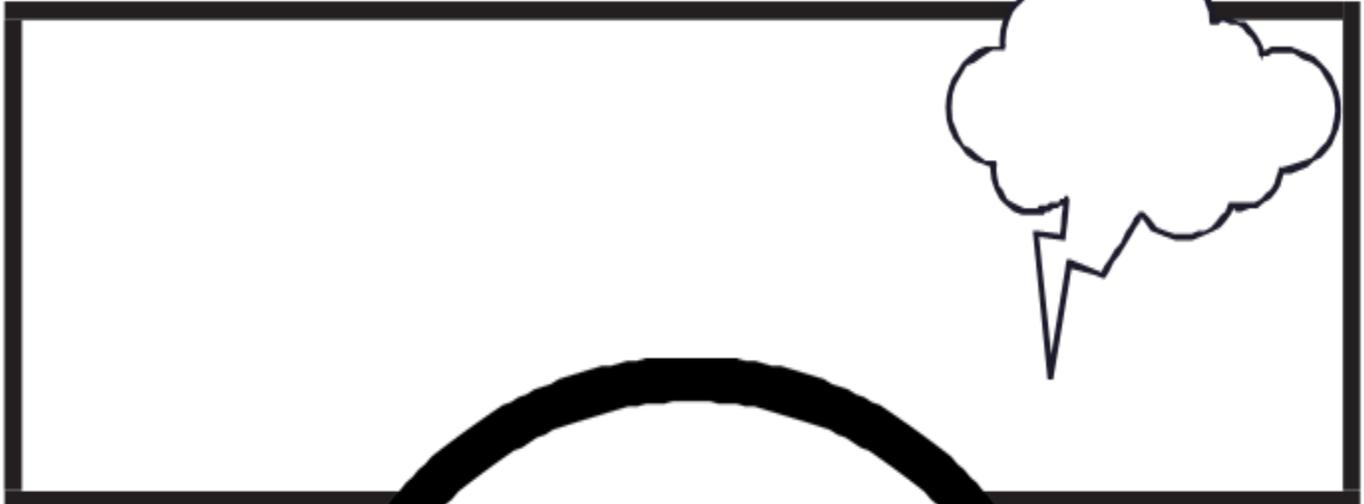


8 Steps to Success:

1. Find Inspiration: What's your theme for the comic?
 - a. What are you passionate, or excited about?
 - b. You can borrow a theme-loads of examples online
2. Sketch your Characters
 - a. Who are your characters and what are their traits
 - b. Draw your characters; make them unique
3. Write the Story
 - a. What's the overall story you want to tell
 - b. Storyline/Story Arc versus Gag-A-Day
 - i. Storyline continues story over several pages
 - ii. Gag-A-Day is typically three (3) panels
 1. Introduction
 2. Build-Up
 3. Punchline
4. Make the Borders
 - a. Create a border template
 - b. Use the ones provided
5. Do the Lettering
 - a. Refer to the "Story" you wrote earlier
6. Penciling
 - a. Draw characters in pencil below the words they're saying
 - i. Take chances and get crazy with features
 - ii. They are supposed to be silly!
7. Inking- Use pen, marker, or crayon
 - a. First words, next characters, followed by background & props
 - b. Color, or Black & White?
8. Publish your Comic!
 - a. Scan, or take a photo of your Comic
 - b. Share with your Child & Youth Program, as well as family & friends







Military Kids are: **Creative**



Shadow Drawing is a fun way to create your own drawings...using your own toys. What will you draw? Here's how...

1. **Gather your supplies.** Paper, pencil, tape (if needed), crayons or markers, animal toy or toy of your choice, scissors (if desired)
2. **Place your paper on a flat surface in sunlight.** Tape it down if there is a breeze.
3. **Place your animal toy, or other object, at the end of the paper with the sun shining behind the object to cast a shadow.** (See photos)
4. **Use your pencil to trace the outline** of the shadow onto your paper.
5. **Color your drawing.** Be creative, it's your own design!
6. **Cut out your drawing,** if you'd like. Maybe make a whole dinosaur world, or race track of cars.
7. **Take photos with your favorite shadow drawings.**

Looking for more creative art ideas? Check out <https://leftbraincraftbrain.com>

Shadow drawing ideas can be found at Simplemost <https://bit.ly/shadowdrawing>



Military Kids are CREATIVE...in their play

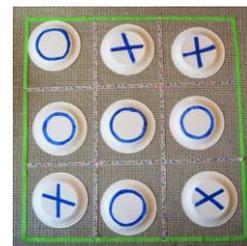
- Make your own **Laser Maze**! Learn how from Brassy Apple. <https://bit.ly/lasermazeathome>
- Dad's t-shirts and pillows were made for this. **Pillow Sumo**. Check it out at All for the Boys. <https://bit.ly/pillowsumo>
- Create your own **giant version of tic-tac-toe** and play away. Learn with Play at Home has great ideas for inside fun. <https://bit.ly/paperplatetictactoe> Bonus game: paper plate balloon tennis



Laser Maze



Pillow Sumo



Paper Plate Tic-Tac-Toe

OLGA EXPLAINS

THE SCIENTIFIC METHOD



© Elise Gravel From Olga and the smelly thing from nowhere

I am curious about...Use the scientific method to answer a question that your curious about!



QUESTION

RESEARCH

HYPOTHESIS (make a prediction/educated guess, what you think the answer will be)

EXPERIMENT (What materials did you use? What steps did you take?)

ANALYZE (Make observations, what happened in your experiment?)

CONCLUSION (Did you answer your question? What did you learn from your experiment? If you didn't answer your question, what can you do differently next time?)

SHARE! Great scientists will share their findings with their communities!

Military Kids are: **Curious**

RECYCLED SUSPENSION BRIDGE

Materials:

Scissors, twine/string, tape, hole punch, crayons, markers, pencils
Procedure: Gather recycled materials, such as empty toilet paper rolls, cereal boxes, any



leftover materials you can find! Challenge yourself to create a suspension bridge using all of your materials. You will also need a few toy cars and boats to test out your design! Keep adjusting your bridge until it can hold the weight of the toy cars! Learn more about suspension bridges and get inspiration for other science activities at:

www.leftbraincraftbrain.com

Other great websites for science experiments:
www.littlebinsforlittlehands.com
www.happyhooligans.ca



Calling ALL
Superheroes!



Secret Identity (Real Name) _____

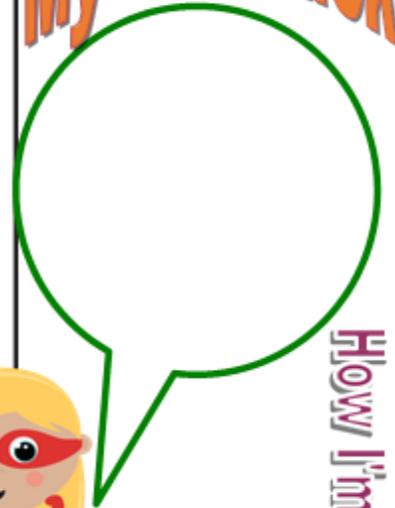
Superhero Name _____



My Special
Strengths/
Superpowers

FANTASTIC
Picture of Me

My Sidekick



How I'm going to change the world

Super Secrets about Me!

I am _____ years old

My favorite food is _____

My favorite activity
is _____

My favorite TV show is

The members of my family are

When I grow up I want to be

Who's your real life hero?
