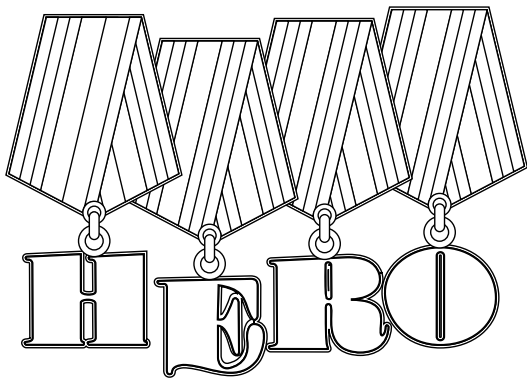


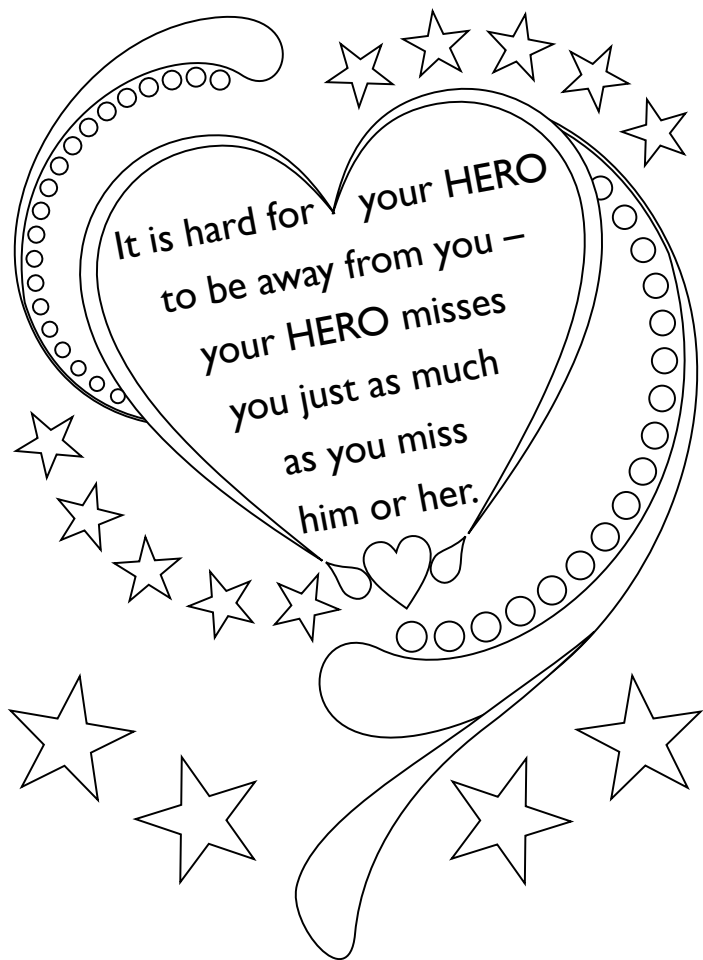
WHAT IS DEPLOYMENT?

Deployment is when someone has to go away to do his or her job. Sometimes a person is deployed for long periods of time.

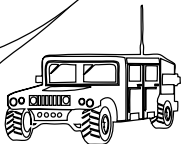
WHAT IS A HERO?

A Hero is someone who defends his or her country
and makes sacrifices in order for
others to be safe and comfortable.





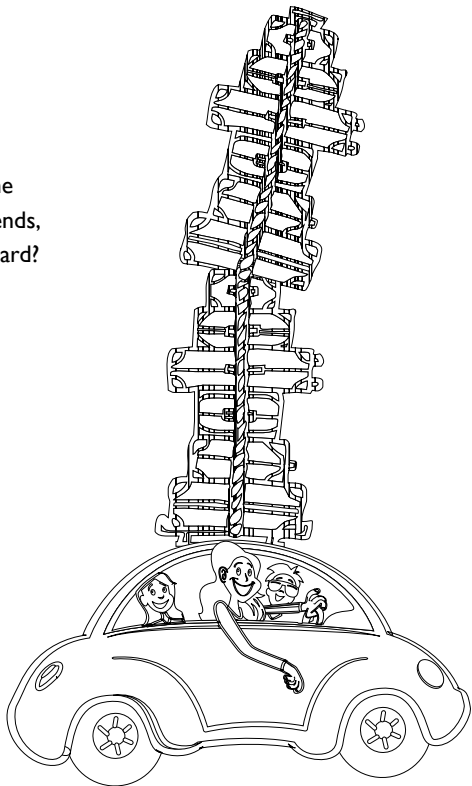
**Draw a picture of what your Hero has
been trained to do in the military!**



Do you feel different than your civilian friends who don't deal with deployment?

How are things different for you than for your civilian friends?

You have to move all the time and make new friends, and that can be really hard?



Try to Relax! Here are some FUN ways to relax...

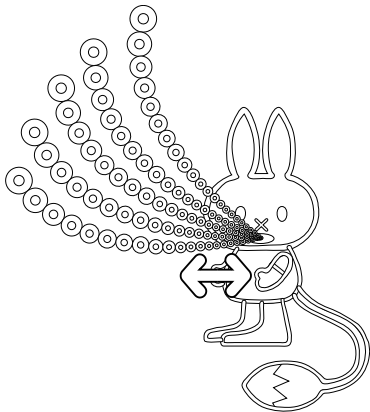


Spaghetti Toes*

Pretend you're a noodle! Imagine each part of your body is uncooked (stiff) spaghetti...and then cooked (soft) spaghetti. Start with your wriggly toes and make all the different parts of your body as soft as cooked spaghetti.

Jelly Belly*

Take slow, deep breaths and watch how your stomach moves in and out. Try this when you're stressed and you will feel better and more relaxed right away, instead of getting more upset.



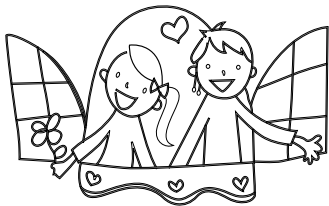
How will your Hero have to adjust when he or she returns home?

By seeing
how much you've
grown and changed.

By telling you
what has changed about
himself or herself!

By considering
the whole family when
making decisions.

By getting back
into the
family routine!



Can you think of
other ways your
Hero might have
to adjust once he or
she is back home?
