

## Worksheet:

# This Is Me

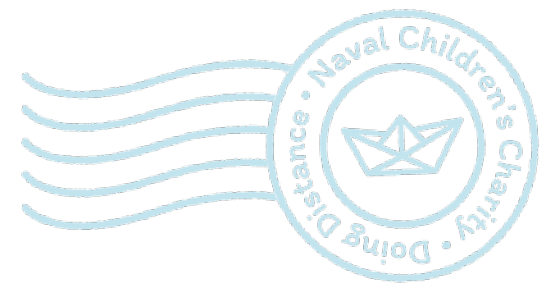
### About this activity

This activity is to help the child to build their sense of self, to acknowledge differences between their past and present and to help them see where being a military child fits into their identity.



### Outcomes

- ✓ To encourage a child to explore what makes them unique – their identity
- ✓ To hold on to a sense of PAST and PRESENT
- ✓ To help them to share their personality and culture in a new setting



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## My Earth Identity

On the Naval Children's Charity website or in your pack you will find a beautiful illustration of Earth. Military children are often aware of how big the world feels when separated from a loved one. However, for this exercise we also encourage the child to think about aspects of their inner world.

There are 4 different questions which will help a child strengthen their confidence to talk about their identity. Answers can be written on the inner circles of the illustration.

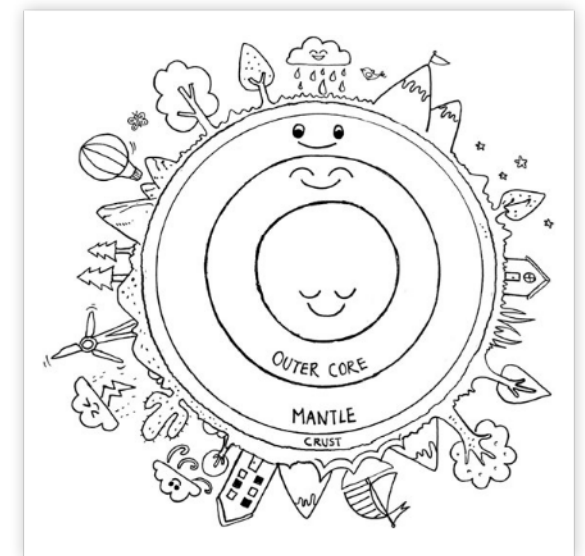


## What to do

### 1 Inner core

Explain that no one human being is the same as another. Encourage the child to think of a couple of things that make them unique – what is special about them?

It is important to note here that children with lower self-esteem will find this quite hard to do. You may want to help with phrases like, 'Would you mind if I make a suggestion? I've noticed that you enjoy drawing?' or, 'Maybe we can ask Mum/Dad how they would answer this?'



### 2 Outer core

Here the child can make a note of what helps them feel stronger. For example, talking to a friend, writing a message to Dad, or listening to their favourite music.

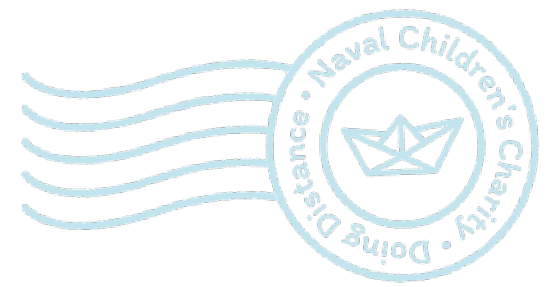
### 3 Mantle

The mantle will share how the child likes their personality to be perceived by others. Here they can note down details of how they project themselves, for example, what clothes do they most like to wear, what sports kits do they like, and what items in their bedrooms do they most treasure?

### 4 Crust

Ask the child to write down the people they most value – they can be people they know in real life, or famous people they admire. The questions will be, for example, 'If you had the chance to create a team that could do something amazing, who would you pick to join you?'

When all the answers are written down, the child might like to colour the rest of the page in.



**Worksheet:**

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## Life before, life now

### What to do

- 1** Take two pieces of paper. On the first, encourage the child to use words or drawings to capture life as it was BEFORE the deployment, separation or house/school move.
- 2** Ask about the kinds of things that happened on an average day as well as at the weekend and on holidays. On the second sheet, ask the child to consider life NOW, whilst they are separated from their loved one.
- 3** Ask the child if there is anything in their new home life that is surprising or different to what they expected. Is anything better? What has disappointed them? As the child explains the difference between life then and life now, try to ask what they mean by certain words – active listening is important to ensure you understand what the child is sharing with you.

This may give you some insights into things they liked or disliked, or even the things that were hard before a loved one went away, or situations that feels difficult now. All of this will help you support them with their new way of living and in preparing for the future.

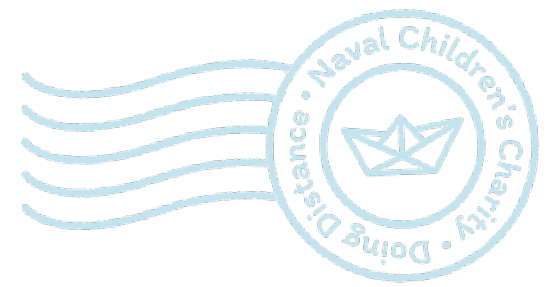
### LIFE BEFORE...

- Playing football in the park
- Being all together
- Moving house...

### LIFE AFTER...

- Closer to Dad
- New room is smaller
- New neighbours...





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## Photo book – this is me when... this is me with...

When life is ever-changing, it can help to create something that feels permanent and tangible, especially for those times when children feel most lost or lonely.

We therefore suggest helping the child to create a photo book, something physical to hold and to share memories of happier times.

### What to do

The child may or may not have their own phone with photos on already, so one suggestion is to try and source photos from, for example, a family member's phone, and encourage the child to describe the photo in their own words, writing this down next to the photograph.

The photo book may be a personal and comforting bedtime story that they can go through each night, anchoring them to their sense of self.

If it is possible, you could help them to locate photos that show them as a baby, a toddler and a child, to give a sense of time passing and personal growth.

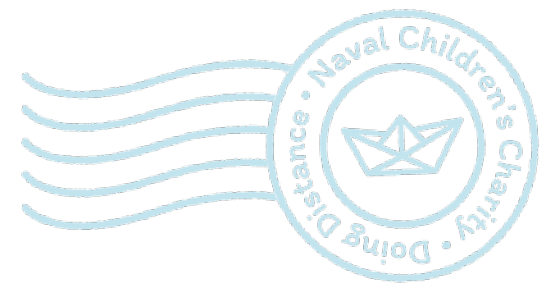


Children may also decide to include photos of adults who are important to them, such as their family, a friend at their new school or a teacher who is looking out for them.

### Some examples of captions might include:

- **THIS IS ME...** making pancakes with Grandma – people say we are alike as we both love to dance
- **THIS IS ME...** with my football team when we won the league
- **THIS IS ME...** at my Dad's homecoming from his last deployment





## Worksheet:

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## Identity

### Meaningful music

If the child loves music, try to find some songs that really centre ideas of personal strength and identity, like 'This is Me' from The Greatest Showman. Also be sure to ask them which songs they love and why, and listen to them together.

Some older children may even like to compose some music or write a song or poem about how they feel about military life.

### A-Z of Me and the Military

Together you could create an A to Z of 26 wonderful things that are special to the military child experience, from people, places and foods, to football teams, songs and books. This lovely list will help the child talk about home at school and to show their friends and family their personal experiences with being a military child.

#### A-Z of Me and the Military

A... Airplane - watching them with my family

B... Bases - Naval Bases

C... Captain - Daddy's Boss

D... Deployment - when Daddy goes away