



# 4-H MILITARY FAMILY BOOK SHEETS

## Supporting Military Families During Deployment with Books & Activities

### 4-H Military Family Book Sheets

The 4-H Military Family Book Sheets help parents and guardians find books and activities to help their children during various stages of their service members' deployments. Each book sheet contains a summary of the book, author and publication details, and activities that they can use with their children pre-, during or post-deployment to extend the message of the book. To find each book, check with your local library, bookstore or online retailer.

#### BEFORE READING:

- ▶ Show your child the front and back cover of the book. Ask him or her to guess what the book is about.

#### WHILE READING:

- ▶ Stop at any time if something comes up that you or your child would like to talk about.

#### AFTER READING:

- ▶ Spend time talking about the story.

Deployment involves moving an individual or military unit within the country or to another country. A mission or task might include training, supporting communities during times of disaster, helping foreign countries or fighting in a war. The many changes happening with each departure and return create difficulties for both service members and their families.

### Supporting Michigan's Military Families

Michigan State University (MSU) Extension and Michigan 4-H are committed to supporting the more than 20,000 Michigan military children and youth, and their families, through programming and community education.

#### PROGRAMS FOR MILITARY FAMILIES INCLUDE:

- ▶ 4-H clubs on installations and in communities
- ▶ "4-H 101" and "4-H 201" training for military staff
- ▶ Operation: Military Kids (OMK) – supporting children of deployed soldiers
- ▶ Speak Out for Military Kids (SOMK) – preparing teens to speak on military life and deployment
- ▶ Hero Packs – saying thank you to military children and youth
- ▶ Military 4-H Club Grants – supporting 4-H clubs for military youth and integrating them into county 4-H programs
- ▶ Community Awareness Training – educating the public on issues facing military families experiencing a deployment
- ▶ Special recognition events during Month of the Military Child and Month of the Military Family
- ▶ Educational and recreational events and opportunities for military families

### Learn More!

Connect with us on Facebook: Search "Michigan Operation: Military Kids" and "Michigan 4-H."

For more information on supporting military families, visit the following websites:

- ▶ MSU Extension: ([msue.anr.msu.edu](http://msue.anr.msu.edu))
- ▶ Michigan 4-H Youth Development: ([4h.msue.msu.edu](http://4h.msue.msu.edu))
- ▶ 4-H Military Partnerships: ([www.4-hmilitarypartnerships.org](http://www.4-hmilitarypartnerships.org))
- ▶ Operation: Military Kids: (<http://www.operationmilitarykids.org>)



# 4-H MILITARY FAMILY BOOK SHEET

## I'm a Hero Too

### SUMMARY

*I'm a Hero Too* honors and recognizes that all military children are heroes just like their service members. The book describes deployment and the many emotions that come with deployment from the perspective of a young boy.

Title	I'm a Hero Too
Author	Jenny Sokol
Illustrator	Not listed
Publisher	Author House
Date of Publication	2007
Audience Age	4 years and up

### PRE-DEPLOYMENT ACTIVITIES

- Make a list of all the things that make you proud of your service member. This list could include things like helping others or keeping people safe. Talk about how these things also make your service member a hero.
- Have your service member make a list of all the things that you do that make them proud. This could include cleaning your room or sharing with others. Talk about how these things make you a hero.

### DURING-DEPLOYMENT ACTIVITIES

- Just like the little boy in the book, place a picture of your service member in your room. When you get sad, lonely, or just want some time alone, use the picture to help remind you of your service member.
- Make a list of activities that you can do when your emotions are changing. Try doing the things the little boy listed in the book like going for a walk, writing in a journal, drawing pictures or playing outside.

### POST-DEPLOYMENT ACTIVITIES

- Do some of your favorite activities together. The boy in the book liked to play checkers. What do you and your service member like to do together?
- Show your service member pictures, videos or items from events that happened while they were deployed. Talk about the best parts of each event and what was important about each event.

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