



# 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

## No Matter What

### SUMMARY

This is the story of Small and Large and how no matter how Small acts, feels or how far apart they are Large will love Small. This book shows children that parents will love them no matter what.

Title	No Matter What
Author	Debi Gliori
Illustrator	Debi Gliori
Publisher	Harcourt Children's Books
Date of Publication	1999
Audience Age	4-8 years

### PRE-DEPLOYMENT ACTIVITIES

- Read the book together. Take turns acting like the animals mentioned in the book. Try guessing which animal the other person is acting out.
- Draw special pictures and give them to each other. Keep them in a special place so that they can remind you "no matter what" when your service member is gone.

### DURING-DEPLOYMENT ACTIVITIES

- Draw pictures or write about all the different days that you have. You may have days like Small that are grumpy and grim; you may have days that are happy and huggy or sad and soggy. Drawing or writing about your feelings can help you understand them better.
- Read the book together over the phone or Internet. Remind each other that no matter what you are still together. Look at the special pictures you gave each other.
- Make paper hearts and fill in the message, "I love you because...". Then mail each other the hearts with your messages.

### POST-DEPLOYMENT ACTIVITIES

- Have a sleep over with your service member. Make a fort and fill it with pillows and blankets. Spend time reading books, playing games, telling stories and talking together.
- Make special gifts for each other. You can use materials around the house. Think of things you could include that show each other how much you love them!

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