



# 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>)



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## Stars Above Us

### SUMMARY

Amanda is afraid of the dark until her dad shows her all the wonderful things about the dark. Amanda remembers these wonderful things while her dad is away on deployment.

Title	Stars Above Us
Author	Geoffrey Norman
Illustrator	E.B. Lewis
Publisher	G.P. Putnam's Sons
Date of Publication	2009
Audience Age	5-8 years

### PRE-DEPLOYMENT ACTIVITIES

- Go out at night and find the North Star together. Talk about how at night, even when you are apart, you each will be able to look at the North Star and be reminded of each other.
- Make stars together like Amanda and her family did in the book. Use paper and glow in the dark paint. Draw stars, cut them out and paint them. Once they are dry, hang them up together. Keep one to have your service member take with them while they are gone.

### DURING-DEPLOYMENT ACTIVITIES

- Draw pictures of stars and write special messages to your service member. Send them your star message by mail. Send your service member star messages every few weeks.
- Make a star book. Using stars drawn on pieces of paper, record all of your "star" moments to share with your service member when they return.

### POST-DEPLOYMENT ACTIVITIES

- Make a fort out of blankets and cushions. Take in flashlights, pillows and soft blankets. Use the fort as a place to share your star book with your service member.
- Have a star viewing party! Stay up late, set up a comfy viewing area, have star snacks such as star shaped sugar cookies, chocolate stars or star fruit. Use sky or star maps (available free online or through your smart phone app store) to help find different constellations such as the big and little dipper and Polaris (the North Star). Use this time to talk about how things might have changed during the deployment like how we can see different stars in the sky and different times of the year.

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