

### Operation: Military Kids – Ready, Set Go! Training Topics and Activities:

OMK Vermont offers a general informational presentation about the organization, its mission, and vital need for programming and education for all Vermonters about the realities and impacts of deployment on children and families. OMK also offers Ready, Set, Go! trainings and workshops relating to specific aspects of deployment. These trainings focus on ways that communities can best identify and respond to resulting behaviors and feelings in children and teens while promoting positive outcomes. Below please find the list of topics and approximate times for each workshop.

- 1) New Reality – Living in the New Normal 90 Minutes  
Activity – Newspaper articles – facilitated discussion
  
- 3) OMK overview with more detail on components (more info than OMK VT general powerpoint)
  
- 4) Understanding Military Culture 90 Minutes  
Social, Emotional, Educational Issues and Needs  
Activity -- General discussion with flip chart
  
- 5) Emotional Cycle of Deployment 45 Minutes  
Pre-deployment, deployment, re-deployment (soldier's perspective on return)  
Negative changes breakdown by age / years.  
Activity – blanket community
  
- 6) Homecoming – Emotional Cycle of Deployment – Homecoming and Reunion 30 minutes  
Children's reactions and helping to adjust – breakdown by years  
Tips for parents, service members, spouse  
Activity – Myth of the Perfect Reunion (T/F quiz)
  
- 7) Stress and Coping – Impact of Stress on Children and Youth 2 Hours  
Age specific techniques for stress identification and reduction  
Activity -- Mr. Potato Head  
\*\* Great for teachers, daycare providers, coaches
  
- 8) Impact of Grief, Loss, and Trauma 2 Hours  
Impact on family and children -- Identify behavioral and emotional reactions – Academic, behavioral, social, emotional, physical, spiritual, developmental  
Breakdown by age –warning signs and how to help  
Mistakes and how to avoid them  
\*\* How to speak to kids about loss, death  
Activity – discussion
  
- 9) Fostering Resilience in Children and Youth 1 Hour  
Define and describe resilience – best practices  
Four basic steps for caregivers and families  
Activity – Beach Ball Bounce Back

(More Topics Listed on Back)

- 10) Understanding the Influence of the Media 20 Minutes  
Influence of images, messages on children and parents  
What children understand about violence  
Talking to children about terrorism and war  
Activity – Role playing (by age group) and brainstorming session
- 11) Building Community Capacity to Take Action 60 Minutes  
Collaboration and Action Planning to Support Military Children, Youth, and Families  
Theories of Community Collaboration  
Vision / Mission Statements and Outcomes  
Creating Action Plans  
Activity – Magic Carpet – turning barriers to opportunities, deficits to assets