

LITTLE TROOPERS THERAPY PROGRAMME PARENT VIDEO SERIES



DEPLOYMENT/SEPARATION

Our Therapy Programme is for any children who feel that military life has impacted their wellbeing.

The programme is funded by the National Lottery Community Fund and is a bespoke therapy programme delivered by qualified clinicians to help military children better navigate some of the unique challenges they might face growing up with a parent in the Armed Forces.

These on-demand videos are for any parents whose children haven't yet been awarded a place on our 1-2-1 therapy programme or for parents who would like more information and activity ideas to better support your child at home.

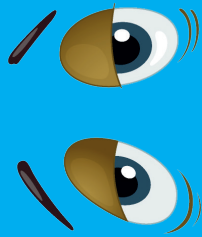
This video is all about deployment and separation. Our therapists from The Owl Therapy Centre will explain a bit more about what your child might be feeling or going through and suggest some activities that you can do at home.

For more information visit www.littletroopers.net

What do you need?

- Activity sheets within this pack
- Colouring pencils
- Watch the video prior to starting the activities with your child

EMOTION CUE CARDS



LOW

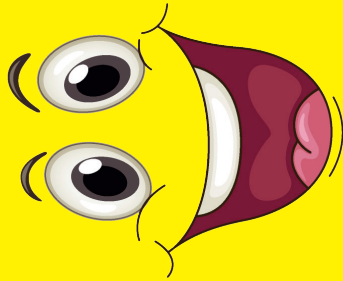
RUNNING SLOW

Unhappy

Tired

Withdrawn

Tired



HAPPY

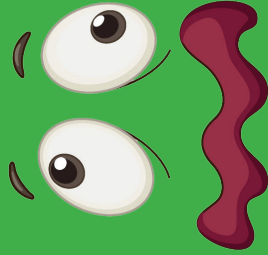
GOOD TO GO

Positive

Proud

Calm

Focused



WOBBLY

CAUTION

Excited

Nervous

Frustration

Annoyed



ANGRY

STOP

Mad

Furious

Yelling

Aggressive

THREE HEARTS

Your feelings may change depending on whether your parent is at home or away. We are going to think about your feelings at each stage of the journey. In the hearts below add some of your ideas. You can use words or drawings.

