



Little Troopers Dandelion Workshop

Facilitator Notes

This workshop is a pre-recorded 'as live' session. Presenters will not be able to see or hear the children, so support from teaching staff is essential to keep the session running smoothly.

The session is approximately 115 minutes long and includes built-in breaks. You can pause, extend or skip sections depending on the needs and energy levels of your group. The workshop can also be delivered in two parts if preferred.

Resources required

Downloadable for printing (one per child unless stated otherwise):

- Dandelion Fingers Painting Template
- Happy Thoughts Activity Sheet
- Superhero Activity Sheet
- Friendship Chain Activity Sheets
- Happy Garden Mindfulness Colouring Sheet
- Workshop Certificate – print and write names

Optional:

- Dandelion Poem Sheet
- XRay of Feelings: Being a Military Child & Making a New Friend

Materials needed:

- Finger paints
- Pens/Pencils
- Scissors
- Glue/Stickers

Facilitator Notes:

- Adapt activities to suit your group's needs and abilities
- Allow extra time where needed
- Encourage participation, but avoid pressure
- Support children who may find topics of separation emotional

Section	Resources / support needed	Detail
Start		Ensure children are seated where they can clearly see the screen.
Introduction <i>2 minutes</i>	Nil	A short introduction from Louise Fetigan MBE, followed by Ben Cajee and Evie Pickerill who will lead the workshop.

<p>Warm-up & Wild Animal Game</p> <p><i>8 minutes</i></p>	<p>Adult to encourage children to take part.</p>	<p>Evie and Ben will encourage the children to stand-up and spread out to take part in a fun warm-up.</p> <p>Wild Animal Game, three options will pop up on the screen throughout the timer for children to engage with.</p>
<p>BEING A DANDELION</p> <p><i>15 minutes</i></p>	<p><u>Resources required</u></p> <ul style="list-style-type: none"> ▪ Dandelion Finger painting Template per child ▪ Finger paints available plus some wipes or similar for cleaning 	<p>The children should be on a surface suitable for finger painting</p> <p><u>Dandelion Painting</u></p> <p>Evie and Ben will start the activity for the children to also take part in, once finished and dried all the dandelions could make up a field of dandelions on a display board</p> <p><i>A timer will show for 10 minutes allowing the teaching staff to take over and facilitate this activity. You make need longer or finish in shorter time, pause or fast forward as appropriate for your group.</i></p>
<p>BEING A MILITARY CHILD</p> <p><i>15 minutes</i></p>	<p><u>Resources required</u></p> <ul style="list-style-type: none"> ▪ Happy Thoughts Activity Sheet ▪ Pens/pencils ▪ Optional: X-Ray of Feelings: Being a Military Child 	<p><u>Happy Thoughts Activity</u></p> <p>Children write or draw their 'happy thoughts' on the activity sheet.</p> <p><i>A timer will show for 10 minutes allowing the teaching staff to take over and facilitate this activity. You make need longer or finish in shorter time, pause or fast forward as appropriate for your group.</i></p>
<p>SUPERHEROS</p> <p><i>13 minutes</i></p>	<p><u>Resources required</u></p> <ul style="list-style-type: none"> ▪ Superhero Activity Sheet ▪ Pens/pencils 	<p><u>Superhero Activity</u></p> <p>Children design and name their own superhero.</p> <p><i>A timer will show for 10 minutes allowing the teaching staff to take over and facilitate this activity. You make need longer or finish in shorter time, pause or fast forward as appropriate for your group.</i></p>
<p>Big Wild Quiz</p> <p><i>3 minutes</i></p>		<p>A quick, interactive recap of the first half of the workshop. Invite children to call out their answers..</p>
<p><i>15 minutes</i></p>	<p>BREAK</p>	<p><i>Optional break built in you can take this as a comfort break or fast forward and continue without the break</i></p>
<p>FRIENDSHIP</p> <p><i>15 minutes</i></p>	<p><u>Resources required</u></p> <ul style="list-style-type: none"> ▪ Friendship Chain Activity Sheets ▪ Scissors, pens/pencils, glue or stickers ▪ Optional: X-Ray of Feelings: Making a New Friend <p><i>You can pre-cut the chains if easier for your group.</i></p>	<p><u>Friendship Paperchains</u></p> <p>Ben and Evie will start showing how to create the chains of friendship. Children create friendship paper chains, adding drawings or messages to each link. These can be displayed when finished.</p> <p><i>A timer will show for 10 minutes allowing the teaching staff to take over and facilitate this activity. You make need longer or finish in shorter time, pause or fast forward as appropriate for your group.</i></p>

<p>MINDFULNESS</p> <p><i>15 minutes</i></p>	<p><u>Resources required:</u></p> <ul style="list-style-type: none"> ▪ Happy Garden Mindfulness Colouring Sheet ▪ Pens/pencils <p><i>Optional: You can purchase a copy of the 'I'm a Little Trooper' book from the Little Troopers online shop.</i></p>	<p><u>I'm a Little Troopers Story Time</u></p> <p>Ben reads the book which includes various affirmations centred around being a military child.</p> <p><u>Mindfulness Colouring</u></p> <p>Colouring sheet</p> <p><i>A timer will show for 10 minutes allowing the teaching staff to take over and facilitate this activity. You may need longer or finish in shorter time, pause or fast forward as appropriate for your group.</i></p>
<p>Wrap Up and Meditation</p> <p><i>10 minutes</i></p>		<p>Children can lie down comfortably for a short guided breathing and mindfulness exercise to close.</p>
<p>End</p> <p><i>2 minutes</i></p>	<p>Distribute certificates (pre-written or completed by children).</p>	<p>Ben and Evie wrap-up the workshop and say goodbye!</p>



The official flower
of the military child
is the Dandelion.

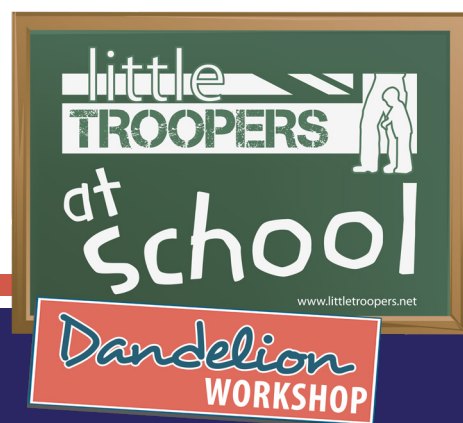
WHY?

Dandelions put down roots almost anywhere and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates.

Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military... planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Military children are well-rounded, culturally aware, tolerant, and extremely resilient, they have learned from an early age that home is where their hearts are, that a good friend can be found in every corner of the world.

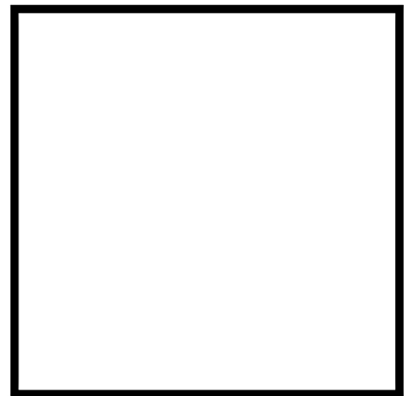
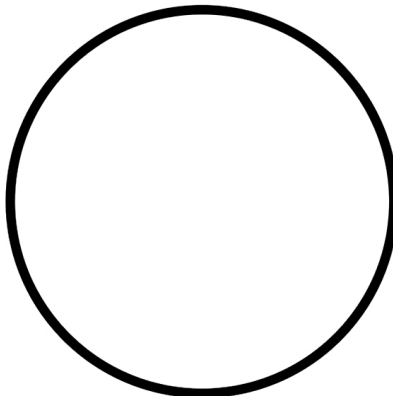
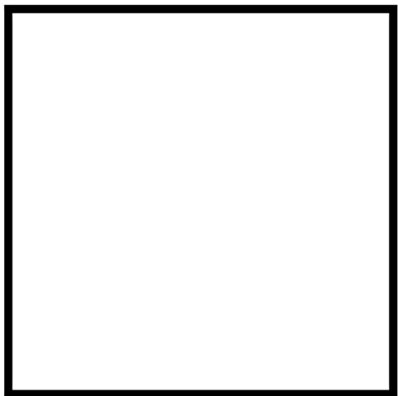
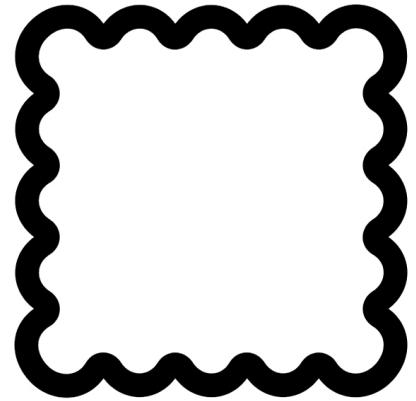
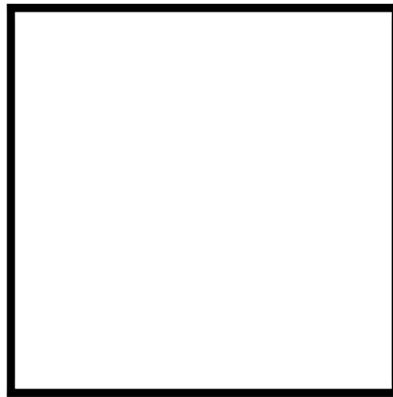
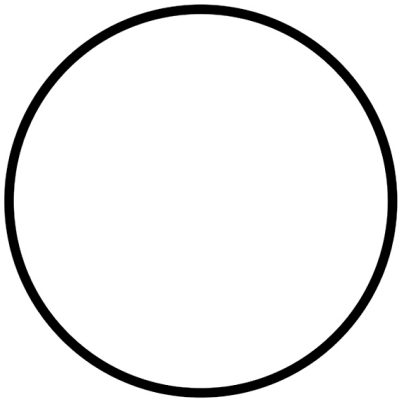
They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences.





HAPPY THOUGHTS!

Write down or draw your happy thoughts!



BEING A MILITARY CHILD



BRAIN FULL OF HAPPY MEMORIES

DANDELION FLOWER OF MILITARY CHILD (REMINDS ME OF THE POEM)

WATCH SO I CAN KNOW WHAT TIME IT IS AROUND THE WORLD.

GUT FEELING EVERYTHING WILL BE OK

COOL STONE (IN POCKET)

WORLD MAP (WITH FRIENDS LOCATIONS MARKED)

FUNNY BONE

HEART FULL OF PRIDE

LITTLE TROOPERS T-SHIRT (FAVOURITE!)

LITTLE TROOPERS MEDAL

FRIENDSHIP BRACELET FROM GERMANY

BLUEY

PASSPORT FULL OF STAMPS OF PLACES I'VE BEEN

(LOOK A UNICORN!)

SANDLES FOR SUNNY FUN DAYS

FOR KEEPING IN TOUCH WITH FRIENDS VIA EMAIL, ZOOM, FACETIME

LEAVING CARD FROM SCHOOL

(CONTENTS OF POCKETS) SHELLS FROM BEACH IN CYPRUS

PHOTOS OF FRIENDS

BAG FOR V. IMPORTANT THINGS

BEST TRAVELLING BUDDY

DRINK BOTTLE BOUGHT IN BELGIUM

X-RAY OF FEELINGS

MAKING A NEW FRIEND

MAYBE THEY WILL LIKE DINOSAURS & UNICORNS & SHARKS & BIRDS?

BRAIN (LOTS OF QUESTIONS)

MAYBE WE'LL HAVE NEW ADVENTURES?

MAYBE I CAN TELL THEM ABOUT MY FAVOURITE GAME?

WHAT IF MY WORDS COME OUT SQUEAKY?!

HEART FEELS LOUD
LUNGS FEEL ALL WOBBLY

SPECIAL BRACELET

TEDDY (STAYING IN THE BAG AS SHE FEELS SHY)

SPARE HAIR BOW

STOMACH FEELS LIKE A STORMY SEA

GUT FEELS ALL MIXED UP

(MONEY FOR AN ICE-CREAM)

COOL NEW SHOES TO TALK ABOUT

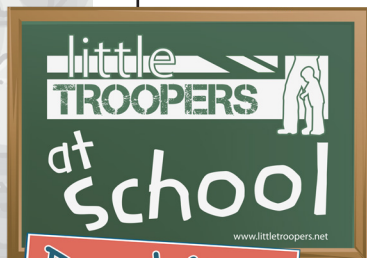
X-RAY OF FEELINGS

**MY
SUPERHERO
NAME IS**

A large, empty rectangular box with a black border, intended for a child to draw their superhero name.

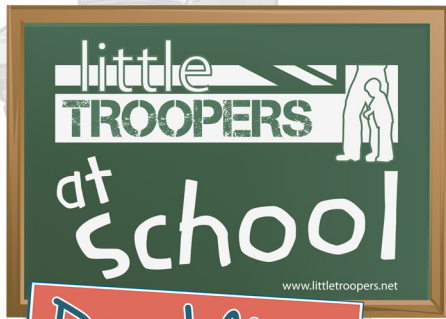


Draw yourself
as a superhero





little
TROOPERS 
at
school
www.littletroopers.net
Dandelion
WORKSHOP



Attended the
LITTLE TROOPERS
DANDELION WORKSHOP

FRIENDSHIP CHAIN

Purpose:

To help military children explore qualities that help friendships grow and reflect on how connections can continue despite distance or relocation, highlighting this as a “superpower” of military life

Materials: Paper strips; crayons; stickers; glue.

Steps:

1. Invite the child to decorate strips with symbols or words representing qualities of friendship (sharing, kindness, fun, support).
2. Connect the strips into a chain

