



Helping Military Children Discover Their **S.P.A.R.C.**

Activity: Dealing with Dilemmas

Instructions

When young people learn to use good judgment to make responsible choices when facing difficult situations, they develop the skill of competence.

Instructions

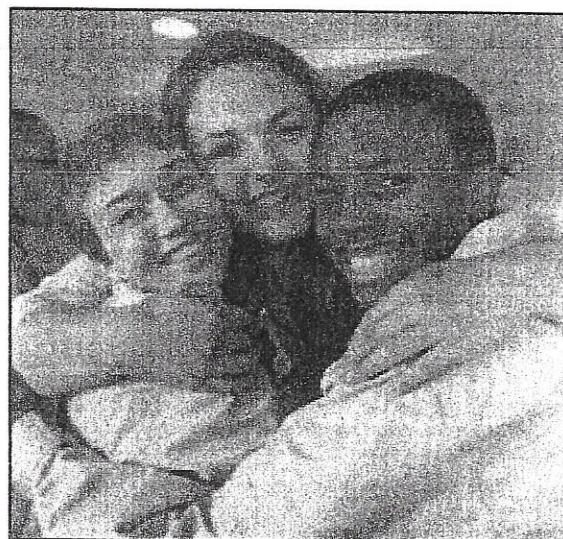
Divide the group into smaller groups of three to four individuals.

Give each team of three to four a dilemma from the "Dealing with Dilemmas" handout.

1. Set the stage for the activity by making the following points to the groups:
2. Life is full of making choices, some of which are difficult to make.
3. The decisions we make have consequences: positive or negative.
4. Sometimes making a decision means choosing between two difficult options. These situations are called dilemmas.

Ask each team to read their dilemma and brainstorm possible solutions. As a group, discuss the possible choices that could be made and the positive and negative consequences of each. As a group, decide on the best solution to the dilemma and be ready to share it aloud with the whole group in 20 minutes.

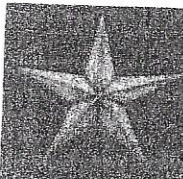
1. After groups have reported out, lead the group in discussing the following questions:
2. What were some of the themes in the dilemma scenarios? (dishonesty, lack of safety, bullying, cheating, stealing, trustworthiness, respect)
3. When deciding on a solution, what were some of the things you had to consider?
4. What beliefs or values guided your decision making?



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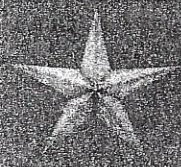
Activity: Dealing with Dilemmas Handout

1. You are new to your high school and have made friends with another student who is in a wheelchair. In the hallway at school, you witness a group of popular students teasing your friend and calling her names. You want to defend your friend, but you aren't sure how to do it without becoming a target yourself. What should you do?
2. You heard your older brother lie to your mom and dad about a party he wants to attend. He says that adults will be there but you know differently. You know that a group of kids who have older college and adult friends are hosting the party and they are bragging that they "finally" can get away from their parents and have a blast. You heard that there might be drinking there. What should you do?
3. You are taking a test online in your history class. Students are supposed to be writing an essay about the Revolutionary War and comparing it to developments in the world today. Students were told to only use word processing and not go to the internet during the test. You look over and notice a girl is searching the web for background information about the Revolutionary War. From where the teacher is standing, he does not notice that she is cheating. When she catches your eye you feel guilty at knowing her secret, even though she is your friend. What should you do?
4. A group of high school friends invite you to go to the arcade and then stop at the electronic store to check out some sales. You all have a great time at the arcade. At the electronic store, you see a friend put an Otterbox iPhone cover in his jacket without paying for it. What do you do?
5. Your sister has been chatting online with someone she doesn't know. She agrees to meet this stranger at the mall to hang out. This person claims to be in high school and has a picture posted online, but the picture looks outdated. When your sister shares some of the emails that this stranger is sending her, you start to feel very uncomfortable. Something is not right and you are worried about your sister. What do you do?
6. Your next door neighbor is a young mother with two small children whose husband is in the military. He is deployed right now and she is raising the children alone. One child is two years old and the other is four. She gets sick and needs to go to the hospital, but has no babysitter to help her. She asks you if you can watch her children while she goes to the Emergency Room. You know your mom would approve but you had plans to go to the movies with your best friends instead. What do you do?
7. You are a new student at Roadway High School. Your father is in the military and you move every three years. You are good at making friends and are even better at playing soccer. You are an excellent athlete. Coaches and teachers love you because you are talented and smart—the total package. Within two weeks of being selected to play on the varsity soccer team, your coach asks you to be the Team Captain. You want to say yes and are honored to be asked, but you worry that the popular Team Captain will be upset at you replacing him. Should you take the spot or deny it to make the current Team Captain happy so he will be your friend?

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Activity: Coat of Arms

This activity can be used by parents, teachers, counselors and any other caring adult in the life of a child. It can be adapted for an individual child, small groups, or large groups.

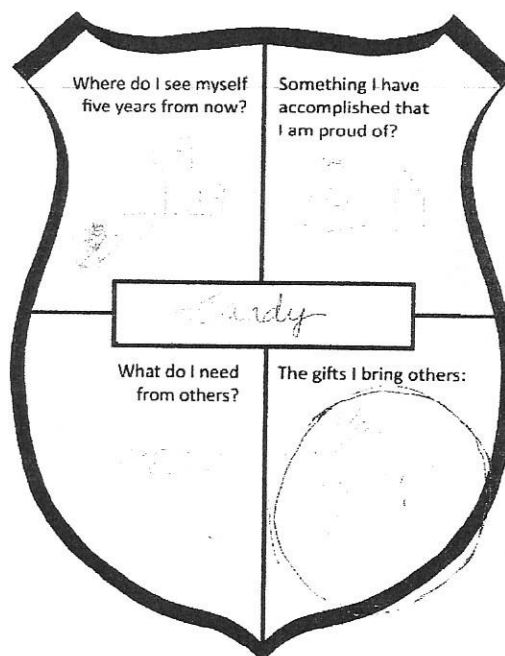
Give every child a copy of the Coat of Arms Handout. Explain that a Coat of Arms was used like a shield by medieval knights to cover, protect, and identify the wearer. The symbols on the shield were unique to each individual person or family.

We're going to use this graphic to think about who you are as a person. Working alone, please take your shield and write your name in the middle of it. Next, draw a PICTURE that answers each of the questions within the shield:

- Where do I see myself five years from now?
- Something I have accomplished that I am proud of.
- What do I need from others?
- The gifts I bring others

After allowing students to draw, divide them into teams of 3 to 4. Ask them to take turns sharing their shields with each other. Are there things that they have in common? When you think of what you need from others, does the picture change as you consider different people in your life? (e.g. What do you need from friends? From parents? From teachers?) Do you bring different gifts of yourself to different people? Why or why not? Just as this Coat of Arms represents an individual person and their connections to their family, our connections to others within our lives have the capacity to strengthen who we are as people if we are willing to give to others.

COAT OF ARMS SAMPLE

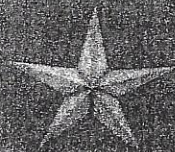


True belief is manifested in action.

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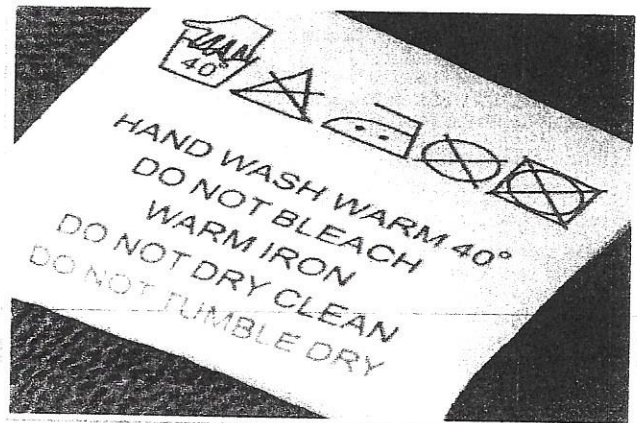
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Activity: Self-Care Tags

All of our clothes have them: tags that explain exactly what is needed to take good care of the cloth used to make the item of clothing.

If you were an article of clothing, what would your self-care tag say? Think about exactly what you might need to take extra good care of yourself. What helps you stay in balance? What keeps you healthy? What brings you happiness? What supports you in feeling peaceful and relaxed?

If you were able to tell someone else, even yourself, exactly how to care for yourself so that you felt wonderful all the time, what would the instructions be? Write down the directions for your self-care tag. (These could then be displayed on a class website or a bulletin board.)



Example of a self-care tag:

- Handle with care.
- Speak to me with kind words even when I am wrong. Laugh often.
- Allow me a quiet space to go to when I need to calm down,
- Hang me in the sunshine and fresh air at least once a day.
- Give me breaks when my work is hard.
- Believe in me.
- Never give up.
- Share my successes with those who love me.

Created by Tajali Teresa Toland, co-founder of the Children's Global Peace Project (www.cgpp.org)

Source: Retrieved from <http://kidsrelaxation.com/all-relaxation-activities/self-care-tags/#sthash.bCwqpdkh.dpuf>

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Activity: Value Sort Cards

FAME To be known and popular	POWER, INFLUENCE To have control over others	CREATIVITY To have new and original ideas
FITNESS To be physically fit and strong	CONTRIBUTION To make a lasting and meaningful contribution to the world	SAFETY To be safe and secure
HARD WORK To work hard and well at life tasks	WEALTH, MATERIAL POSSESSIONS To have plenty of money and own nice things	PROFESSIONAL ACCOMPLISHMENT To be successful at work
HELPING OR SERVING OTHERS To be helpful to others	HONESTY To be honest and truthful	POSITIVE RELATIONSHIPS To have healthy relationships with family and/or friends
INDEPENDENCE To be free from dependence on others	SPIRITUALITY To grow and mature spiritually	PERSONAL GROWTH AND LEARNING To have opportunities to learn new things and grow
EXCITEMENT To have a life full of thrills	SOLITUDE To have time and space to be apart from others	SELF-ESTEEM To feel good about myself

Source: Adapted from: W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne University of New Mexico, 2001

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10 Lessons to Change the World

LESSON	WHAT IT MEANS TO YOU
1. Make your bed.	
2. Find someone to help you paddle	
3. Measure a person by the size of their heart, not the size of their flippers.	
4. Get over being a sugar cookie and keep moving forward.	
5. Don't be afraid of the circuses.	
6. Slide down obstacles head first.	
7. Don't back down from the sharks.	
8. Be your very best in the darkest moments.	
9. Start singing when you're up to your neck in mud.	
10. Don't EVER, EVER ring the bell!	

Source: Admiral William H. McRaven, Commander,
US Special Operations Command

University of Texas, Austin—2014 Commencement
Video Link: <http://youtu.be/pxBQLFLei70>

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