

Armed Forces



Group members will learn about how the armed forces protect our country, and will create appreciation cards that will be mailed to U.S. armed forces members overseas.



OBJECTIVES:

1. Group members will be reacquainted through a warm up activity.
2. Group members will learn about the U.S. Armed Forces.
3. Group members will make cards of appreciation to be mailed to soldiers overseas.



MATERIALS:

1. Colored paper.
2. Markers in assorted colors
3. Embellishments: stickers, glitter, etc.

NOTE: Check out your local craft store for military-themed stickers and scrapbooking materials (e.g., camouflaged paper)

NOTE: Stickers are great for those whose fine motor skills are underdeveloped or less reliable.



ACTIVITIES:

I. INTRODUCTIONS AND WARM-UP ACTIVITY

- a. Introductions of new F.I.I.V.E. group members, staff, and guest speakers (if applicable)
- b. Warm-Up Activity (See Appendix A: Warm-Up Activities)

NOTE: Don't forget to pass out nametags!

II. PRESENTATION

(See Appendix B: Volunteer Activity Session Scripts for presentation materials on Armed Forces.)

III. PROJECT: CARDS OF APPRECIATION

NOTE: Many troops are overseas and away from their families during the holidays. If there is a holiday approaching, consider sending holiday-themed cards.

NOTE: Make a card in advance to show the group an example of what their finished product can look like!

INSTRUCTIONS:

1. Fold the colored paper to make cards.
2. Distribute the colored paper cards and decorating supplies amidst the participants and volunteers.





Additional Tips or Suggestions:

- Invite a U.S. military veteran to speak to your volunteer club members about the deployment experience for military families, and the importance of civilian support.
- Alternative or additional activities:
 - Make care packages to accompany the cards.
 - Sponsor a supply drive for overseas military members.
 - Make cards of encouragement for military families whose family members are deployed overseas.

3. Have group members work together in intergenerational pairs to decorate the cards with respect to the theme of military service.
4. Package cards together for delivery to the partner organization.

IV. REFRESHMENTS AND DEBRIEFING

While group members enjoy a small snack or refreshment, use the following questions to facilitate a debriefing discussion about the day's activity:

NOTE: Ask another staff member or an older adult volunteer to take notes!

- ~ How do you think the troops will respond to receiving the cards?
- ~ How did you feel making these cards?
- ~ What did you learn today?
- ~ What did you like best about today's session?

V. CALENDAR CORNER/ANNOUNCEMENTS

- a. Prepare the group for the next F.I.I.V.E. volunteer activity session.
 - ~ Date/Time/Location
 - ~ Advertise guest speaker (if applicable)
 - ~ Supplies (if applicable)
 - ~ Recommend appropriate attire (if applicable)

VI. RECORDKEEPING

(See Appendix C: Recordkeeping Materials to use with each volunteer activity session.)

NOTE: It is highly recommended that the project coordinator plan for this session well in advance. Organizations that send cards and care packages to U.S. military troops have strict deadlines for shipping. If the volunteer club wants to send cards that are associated with a holiday, be advised that you may need to create the holiday cards several months in advance of the actual calendar date that the holiday occurs.