HERO in TRAINING

ACTIVITY BOOK

STARRING PERI & BOBBI!

Dear Parents,

Relocating your family is a challenging, exciting and busy time.

The Hero in Training Activity Book, for children ages 6-8, is designed to keep your kids occupied as you prepare for the move, travel, and settle your new home. These activities help them prepare for the move, learn about making new friends, build their confidence, get excited about their new home, and manage their emotions through this life-changing process.

Skills for life!

All your child needs is a pen or pencil and colouring crayons, plus a tablet, smartphone or other connected device to access supplementary online resources.

To understand how these activities build life skills, look at the legend below. Match the relevant life skills icon in the legend to the icon at the top of each activity page.

Register your book to receive more helpfull tools and get the chance to win prizes at https://www.cafconnection.ca/Hero-in-Training

Once your child has completed the book, check in with them to see what they've learned. The final pages of the book guide you and your child through this process.

Share your thoughts with PSP, so we can continue to adapt and improve this activity book for your children. Fill in our online survey.

Yours truly,
your PSP Team

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Feedback-Survey.aspx

A division of CFMWS
Une division des SBMFC

p.s. Get helpful tools and resources to facilitate your move with the MFS Relocation Guide

https://www.cafconnection.ca/National/Programs-Services/Relocation/Relocation-Resources.aspx

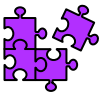
All activity anwers can be found here.

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/About-this-Activity-Book/Activities/Book-Answers.aspx

Legends

Building self esteem

FOCUS SKILL	ICON
Independence	
Learning from mistakes	
Teaching others	

FOCUS SKILL	ICON
Care of environment	
Problem solving	
Multi-Step planning	

Activity information

FOCUS SKILL	ICON
Phone or tablet	
May need help from a parent	

FOCUS SKILL	ICON
Indoor activity	
Outdoor activity	

Hey there!

Did you ever wonder what it takes to be a Hero?

Are you curious? Well, you're about to find out.

You are now a Hero in Training!

You're getting ready for a big move, so the timing is perfect! At the end of the book, you'll be stronger, smarter, more confident and ready to make new friends.

Become a Hero by completing each mission in this book. When you finish an activity or mission, scan the QR Code on page 2 to log into the virtual answer section. That's where you'll discover your Hero Skills Score.

Once you've tallied your Hero Skills Score, bring your book to the PSP Recreation building at your new location to show a staff member at the front desk.

They may have a surprise for you!

PREPARE

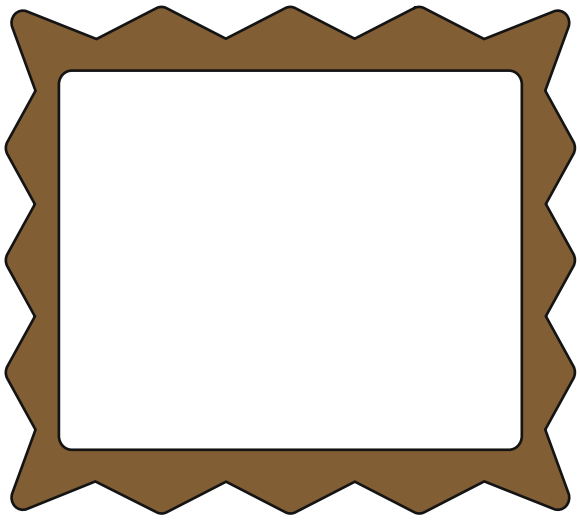
All about me!

My name is:

I am _____ years old and

I live in _____

I am moving to _____



ME!

My favourite food is:

My favourite activity is:

My favourite book is:

My favourite subject is:

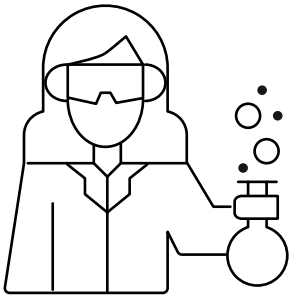
MISSION 1

Find your superpower

What are the things you like to do?

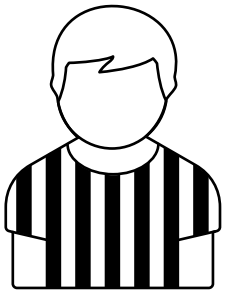
Look at the pictures below. Colour the things you like to do.

Yoga and meditation

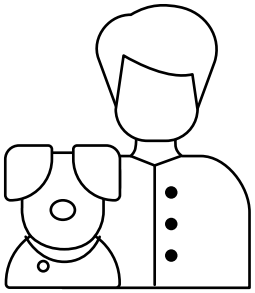


Science

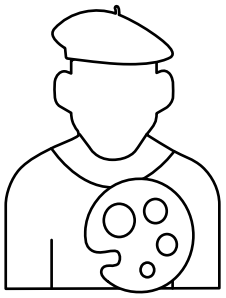
Taking care of plants or a garden



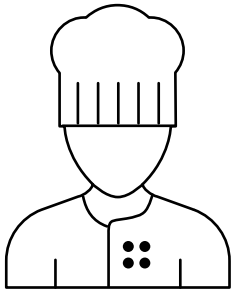
Sports



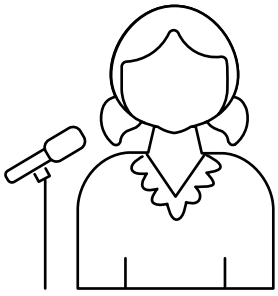
Taking care of animals



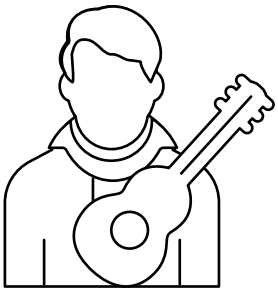
Art



Cooking and baking



Speaking or singing



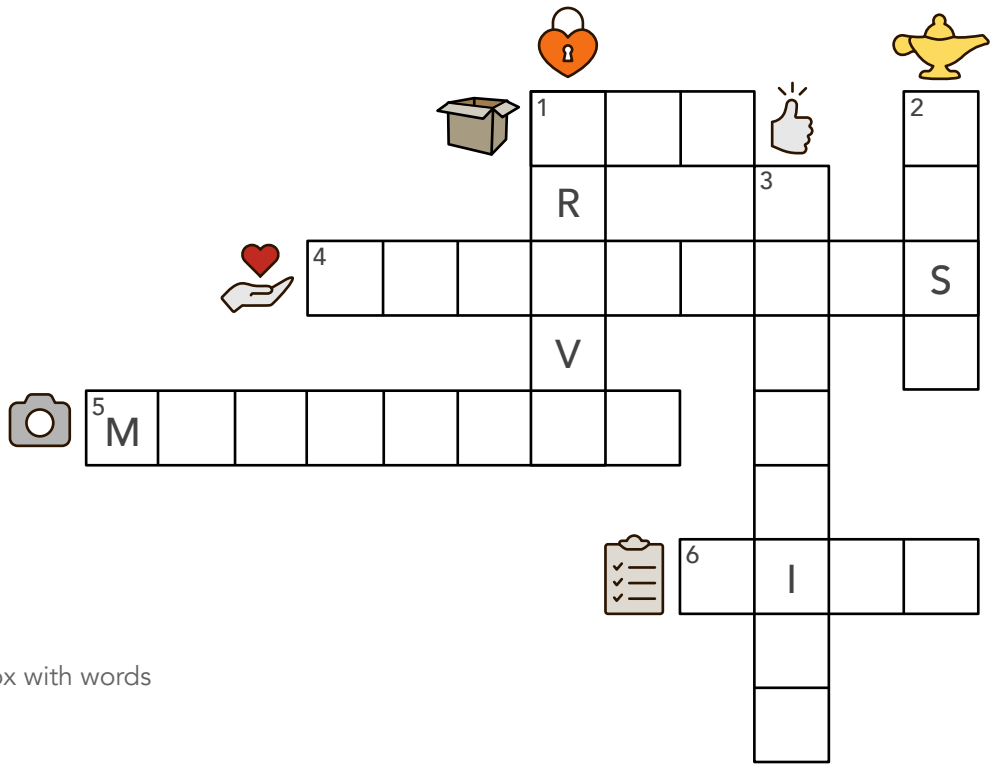
Music

MISSION 2

Be prepared

Crossword puzzle

Help Bobbi solve this puzzle! Use the picture clues to complete the crossword puzzle.
Hint: Each picture gives you an idea to help with your family's move.



1. BOX
Identify your bedroom moving box with words or a drawing.

2. WISH
Make a wish on what new and fun thing you would like to try at your new home. It can be an activity or it can be to visit a special place or it could be an art project to decorate your new room.

3. POSITIVE
Stay positive.

4. DONATIONS
Put aside toys that you do not play with anymore, put them in a special box to donate to kids in need.

5. MEMORIES
Take photos of your old house and bedroom.

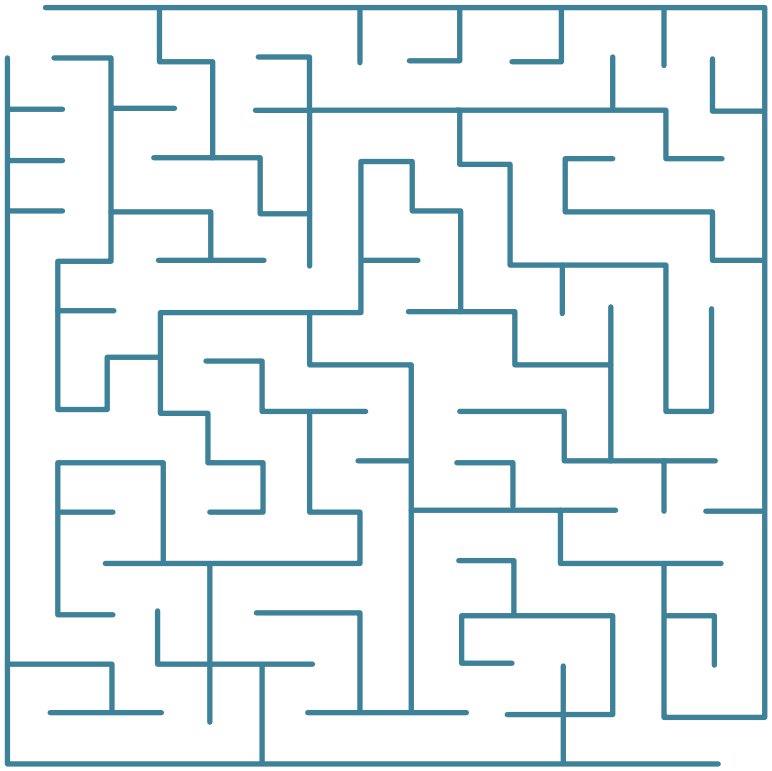
6. LIST
Make a list of 5 things you would like to bring in the car with you.

1. SECRET WORD
If you have found this secret word, go to page 38 to know what to do with this secret word.

Bobbi's maze

Bobbi is packing important things to take on her journey.
Help Bobbi find her hero cape to put in her suitcase.

ENTER



EXIT

When Bobbi was packing she noticed she had a lot of old capes, some she doesn't wear anymore. She also has toys that were fun when she was a kitten, but they no longer interest her. Bobbi decides to donate these things to help others in need, knowing another young kitten may enjoy them.

Look around your bedroom? What do you need to pack and bring with you?

What could you give away so someone else can enjoy them for a while? Draw one thing to keep and one item to donate.

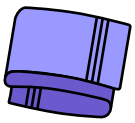
MISSION 3

Get good sleep, keep a healthy mind

Sleep wordsearch puzzle

Can you find Peri's favourite bedroom items in the wordsearch?

S	P	D	V	B	O	K	M	E	P	N	W	B
R	A	Z	Z	J	K	D	B	D	I	K	T	P
F	J	N	N	P	P	R	Z	V	C	B	E	F
G	A	L	I	B	I	E	K	N	T	F	D	J
P	M	J	G	G	O	L	R	M	U	I	D	F
P	A	B	K	S	H	B	L	I	R	V	Y	P
G	S	S	R	E	H	T	B	O	E	R	B	I
A	C	A	L	M	U	V	L	I	W	J	E	B
H	T	Y	T	M	H	D	C	I	S	Z	A	E
S	B	L	A	N	K	E	T	D	G	S	R	G
D	I	P	P	I	N	K	H	M	R	H	V	L
X	U	D	Q	N	Z	U	B	S	T	C	T	O
O	C	C	R	H	Q	U	O	G	K	D	O	N

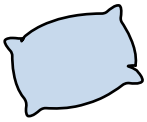
BLANKET 

BOBBI

NIGHTLIGHT

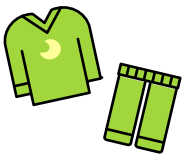
PICTURE

TEDDY BEAR

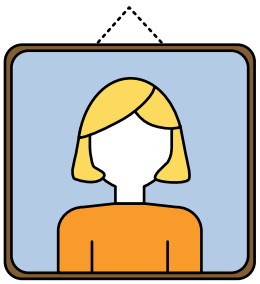
PILLOW 

PERI

STARS

PAJAMAS 

Make your own picture frame



Scan the QR Code to learn how to make a picture frame for your new bedroom. What picture will you put in the frame? How about a photo of your pet, your parents, your friends, or anything that puts a smile on your face?

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

Have a toothbrush dance party with Peri and Bobbi!

- Gather your family
- Get your fun and craziest pyjamas on
- Put on some music. Scan the QR Code to find a fun music video
- Turn up the volume
- Meet up in the bathroom
- Grab your toothbrushes
- Dance and sing
- Try Peri's and Bobbi's' new dance move

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

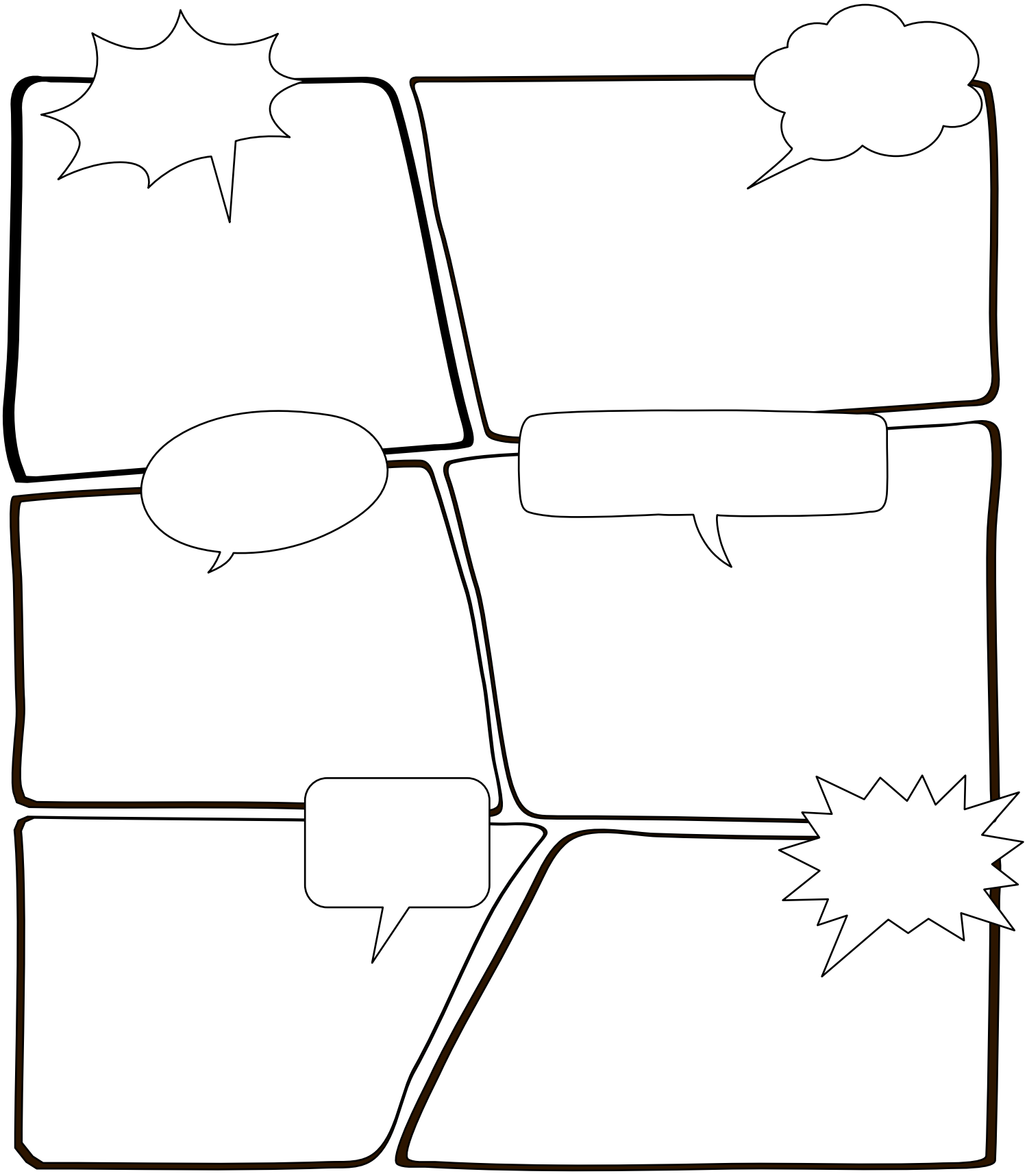
It's story time!

Scan the QR Code to follow along with the story.

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

Create your own Hero bedtime story

Use these blank comic book pages to create a Hero bedtime story.
Make someone in your family the main character.



MISSION 4

Be kind to yourself and others

Make a gift - put on your cooking apron

Parents: Scan the QR Code to access the Canada Food Guide recipe for tips.

Let's cook some Oat and pumpkin no bake-bites!

Prep time: 10 minutes (plus one-hour freezing time)
Cook time: 0 minutes Servings: 18 (makes 36 bites)

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

INGREDIENTS

- 750 ml (3 cups) rolled oats
- 250 ml (1 cup) pure pumpkin puree
- 250 ml (1 cup) natural almond or peanut butter or non-nut alternative
- 125 ml (½ cup) maple syrup
- 5 ml (1 tsp) cinnamon
- 7 ml (½ tbsp) vanilla extract

DIRECTIONS

In a large bowl, add all ingredients and mix well. Using one tablespoon per bite, roll the mixture in your hand to form 1-inch balls and place on a baking sheet. Cover and freeze for one hour before eating! Don't forget to clean the kitchen!

A great snack – or a great gift!

Keep some bites to have a homemade snack when you're traveling OR make a gift package for a special person in your life, like a friend, a teacher or a camp counsellor.

Wrap it up

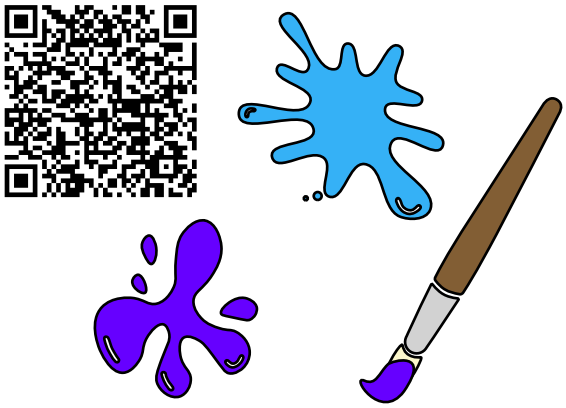
Bobbi has a gift-wrapping idea for you! Scan the QR Code to watch a video and learn how to make your own fancy gift box.

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

Leave your trace: Geocaching!

Geocaching is like a BIG treasure hunt!
Here's how to paint a rock and leave your trace for others to find.

1. Scan the QR Code and follow the video instructions to learn how to paint your own rock.



https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

2. Download this app to start geocaching. Hide your painted rock and enter the coordinates in the geocaching app for others to find.

3. Connect to the geocaching app from anywhere to find other people's hidden treasures.

MISSION 5

Find your familiar places

Before you move, draw a picture, write a note, or put a photo of your favourite locations in each box. When you arrive at your new house, try to find similar "familiar places". It's a scavenger hunt in your new town!

Is a new family moving into your old house? Why not cut out the Before section and leave it behind as a welcome present for the new inhabitants.

BEFORE

AFTER

ON THE MOVE

MISSION 6

Be resourceful, know your surroundings

Learn about Canada

Follow the Parks Canada mascot Parka on her adventures and discover facts about Canada.

parkscanada.gc.ca/parka-videos

Seek and find Peri's hidden gems

Look at this map of Canada. Can you find gems in the pictures below? Draw a line between the gem and the location on the map. Look closely to find locations outside of Canada.

Where are you moving too? What's the hidden gem there?

Scan this QR Code and learn more about each gems and their location.

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/About-this-Activity-Book/Activities.aspx

Yellowknife, NWT

Comox, BC

Esquimalt, BC

Suffield, AB

Edmonton, AB

Wainwright, AB

Dundurn, SK

Moose Jaw, SK

Winnipeg, MB

Calgary, AB

Cold Lake, AB

Shilo, MB

Portage La Prairie, MB

Europe
United Sates
Goose Bay, NL
Gander, NL
St. John's, NL
PEI
Greenwood, NS
Halifax, NS
Thunder Bay, ON
Petawawa, ON
Valcartier, QC
Gagetown, NB
Borden,ON
Toronto, ON
Trenton, ON
Kingston, ON
Bagotville, QC
Montreal Region, QC
Meaford, ON
London, ON
North Bay, ON
National Capital Region, Ottawa, ON

Get up and go with Parka!

Visit the Parka Webpage to explore all kinds of experiences, crafts and recipes from our Parks Canada friends all over Canada. Try these fun family activities at home or anywhere!

parkscanada.gc.ca/parka-home

MISSION 7

Be fit and aware

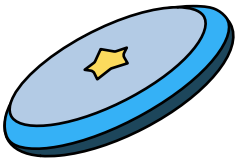
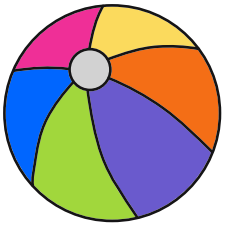
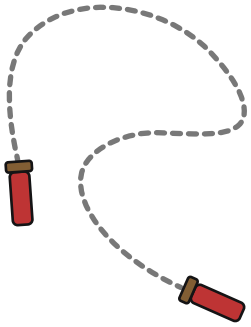
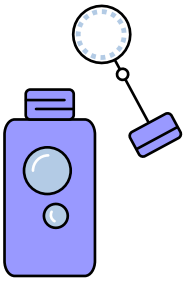
Let's dance

Put on your dancing shoes and learn this dance. Then, teach the dance to someone else. Maybe a new friend?

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

Peri's roadside activities

1. Pack a sport kit. Circle the ones you would like to have with you during your travels. Show your parents and pack your sport kit in a special bag.

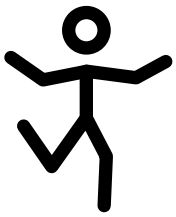





2. At a rest stop? Try these keep-fit challenges, designed by Bobbi just for you.

Star jump

Run as fast as you can

Jump as far as you can


Jump on one leg

Plank for 30 seconds

Travel bingo

Help Bobbi find these items.

Keep your eyes out the window as you travel to your new home.
When you see something on your Bingo card, mark it with an X.
Try to fill the whole card before you get to your destination!

MISSION 8

Solve problems

Use your hero powers to solve these puzzles!

What's missing?

There are five numerical patterns below. Each item has at least one missing number. Enter the missing numbers to complete each pattern. What pattern do you see?

1. 9, 11, 13, 15, 17, ____, ____

2. 9, 16, 23, 30, 37, ____, ____

3. 30, 25, ____, 15, 10, ____

4. 122, 120, 115, 113, 108, ____, ____

5. 7, 14, 21, 28, 35, 42, ____, ____

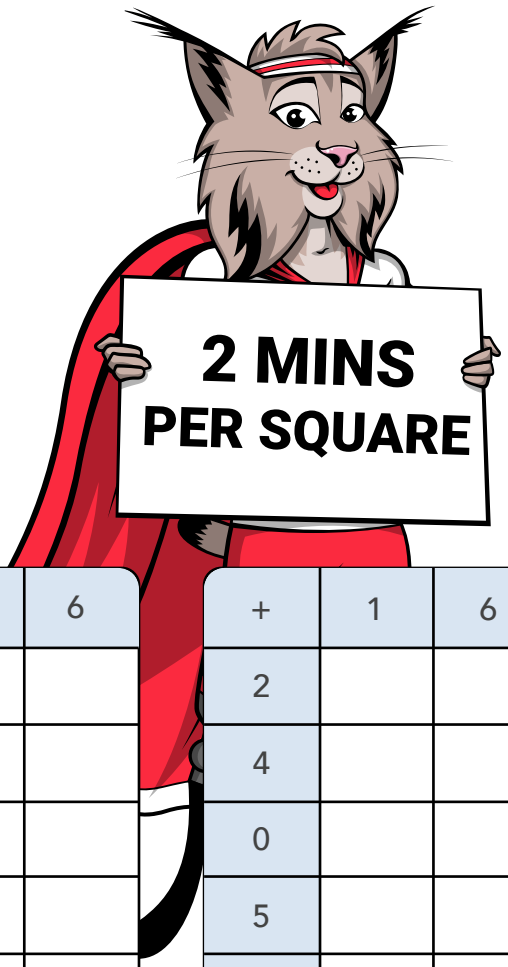
Help Peri find his friends

We're going on a hike through the forest. Watch this video to find and name Peri's forest friends.

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

Addition race

Solve this equation to beat Bobbi's time.



+	2	5	4	1	6
3					
2					
4					
5					
1					

Time:	Score:

+	1	6	2	5	3
2					
4					
0					
5					
6					

Time:	Score:

+	4	7	5	2	3
5					
1					
3					
7					
8					

Time:	Score:

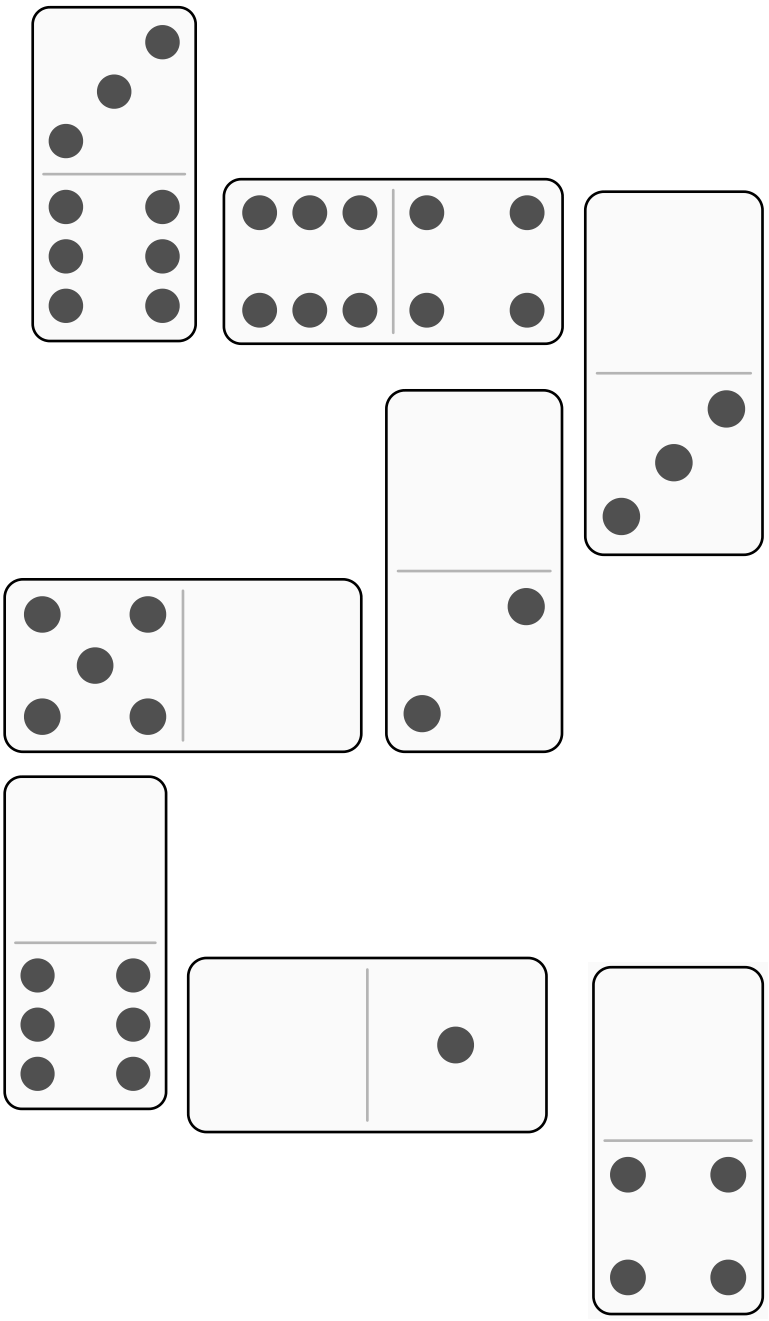
+	6	2	5	9	0
4					
1					
3					
2					
6					

Time:	Score:

Domino puzzle

Peri prepared a Domino trail for you!

Can you help him fill in the blanks? Draw in the correct number of dots on the blank dominoes and match to the ones beside them. Look at the first one to get started.



Spot the difference

Peri is visiting his friend's camping site.

Can you spot 12 differences between the two photographs?

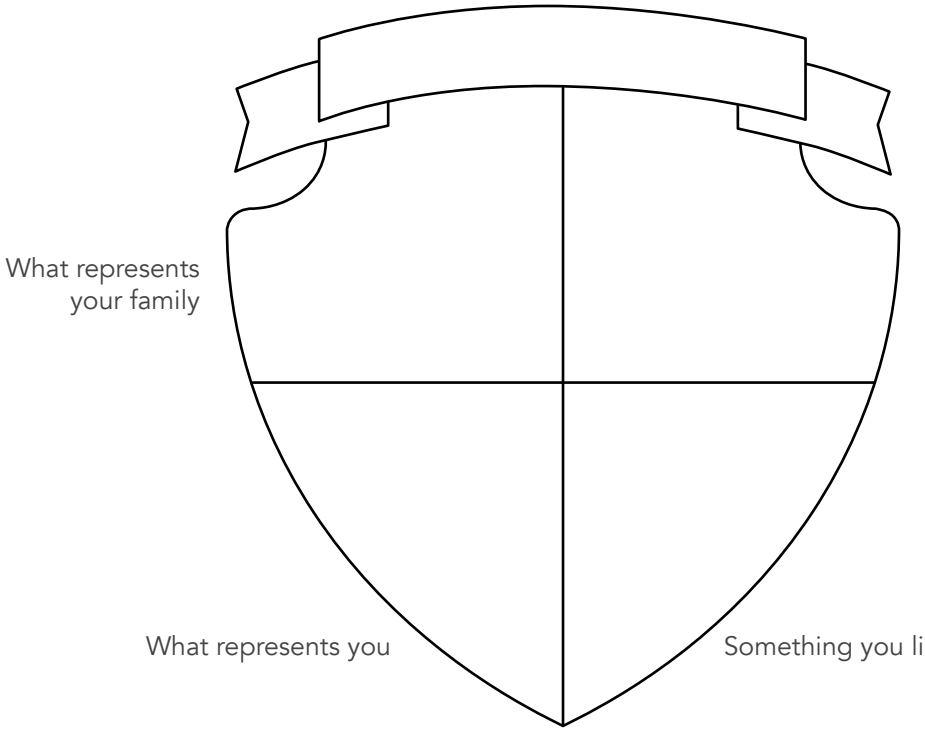
CHECKING IN WITH ME

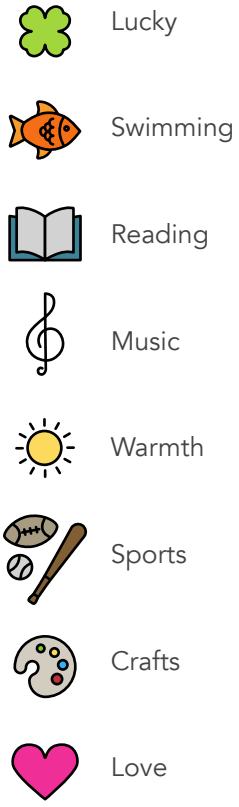
Mission 9

Be creative

Tell your story with art

Create your own Hero coat of arms just like Peri and Bobbi! Did you know each new Governor General gets to design their own coat of arms? It's like creating a selfie. Try to make your own. What makes you who you are? Write your name or surname in the top banner. Use both legends below to inspire you.





Color ideas and meanings

Choose 2 different colors for your background.

- Nature and growth
- Energy and passion
- Calm, trust and intelligence
- Warmth and honesty
- Power and elegance
- Professionalism
- Hapiness and hope
- Creativity and enthusiasm
- Luxury and mystery
- Playfulness

Colour, create, be fierce

Draw and colour Bobbi's bear friend.

Draw and colour Bobbi's bear friend. Look at the list below for ideas.
Add the things you like in the picture. Colour them. Additional drawing ideas:
A tree • A sun • A bird • Flowers • Stars in the sky

MISSION 10

Express yourself

Keep these activities personal. **OR** Share them with an adult you trust, like your parents, a family member, a friend or a teacher.

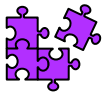
How to get the grumpies out

1. Can you make a grumpy face?
   Maybe a sad face?
   Or maybe an angry face?
2. Is that how you are feeling today?
3. If you are, create your grumpy, sad or angry face.
4. Take a big breath in.
5. Blow out all those emotions.
6. Repeat until you feel better.

Here's another way you can do it

1. Scrunch up your toes and tighten all your muscles, including your legs.
2. Squeeze your eyes shut.
3. Make your hands into fists.
4. Take a deep breath in.
5. As you let all the air out, loosen up your muscles.
6. Repeat as many times as you like.

My feeling Zones



Try to find the Zone that best describes your feelings.

Peri and Bobbi have tricks to help you. Read on and complete the section below.

BLUE ZONE

How I Look Or Act	I slouch and sigh. I yawn with eyes half-closed. I move slowly.
Needed Action	Pay attention more. Be energized.

GREEN ZONE

How I Look Or Act	I sit up straight. I see and hear everything clearly. I smile and respond politely.
Needed Action	Keep it up. You are doing great.

YELLOW ZONE

How I Look Or Act	I squirm and fidget in my seat. I cannot pay attention. I frown and seldom talk.
Needed Action	You need to go back to the green zone.

RED ZONE

How I Look Or Act	I glare and my eyebrows are furrowed. I scream or yell. I stomp angrily.
Needed Action	Use strategies to calm down.

Below are things you can do when you are in a specific zone.
Read them carefully and colour each box based on the zone where they belong.

I can play and enjoy the outdoors.	I can get a drink of water.	I can stop whatever I am doing.	I can close my eyes and count to 20.
I can read and study.	I can sit up straight.	I can step back and think.	I can take deep breaths.
I can help a friend.	I can take a short walk.	I can ask for a break.	I can think of a place where I feel safe.
I can list down why I feel good to help cheer me up when I'm not okay.	I can tell someone how I feel.	I can ask for help.	I can write, talk, or draw about what I feel.

Emotional check in

Follow the trail that Bobby prepared for you.

Try your best to answer the questions.

START

How are you feeling out of 10?

__ /10

Describe how you're feeling in 3 words:

_____

_____

_____

Do you feel like you have someone trusted to talk to about how you feel?

- YES
- NO

If yes

Who can you talk to?

- Parent/guardian
- Sibling
- Other family member
- Teacher
- Friend
- Counsellor
- Someone else

If not

Would you like to chat with someone?

- YES
- NO

Is there anything you want to chat to someone about today?

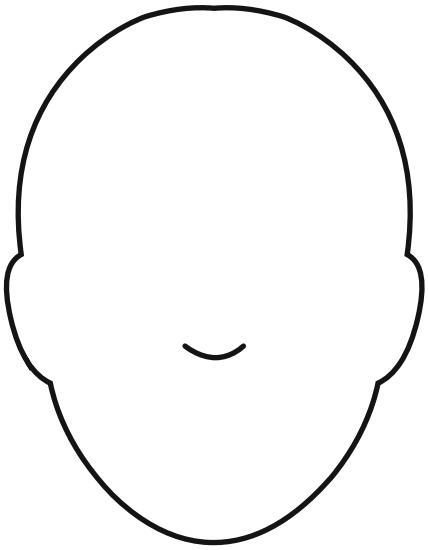
FINISH

Body scan

Close your eyes. Take a deep breath in through your nose, and out through your mouth. Starting with the top of your head, become aware of how your body feels. Slowly move down your body, noticing how each body part feels, down to your toes.

Make a note of any areas of discomfort on the body below.

Draw a face on the person to represent how you feel.



Be grateful

Before your move.

Write and draw...

After your move.

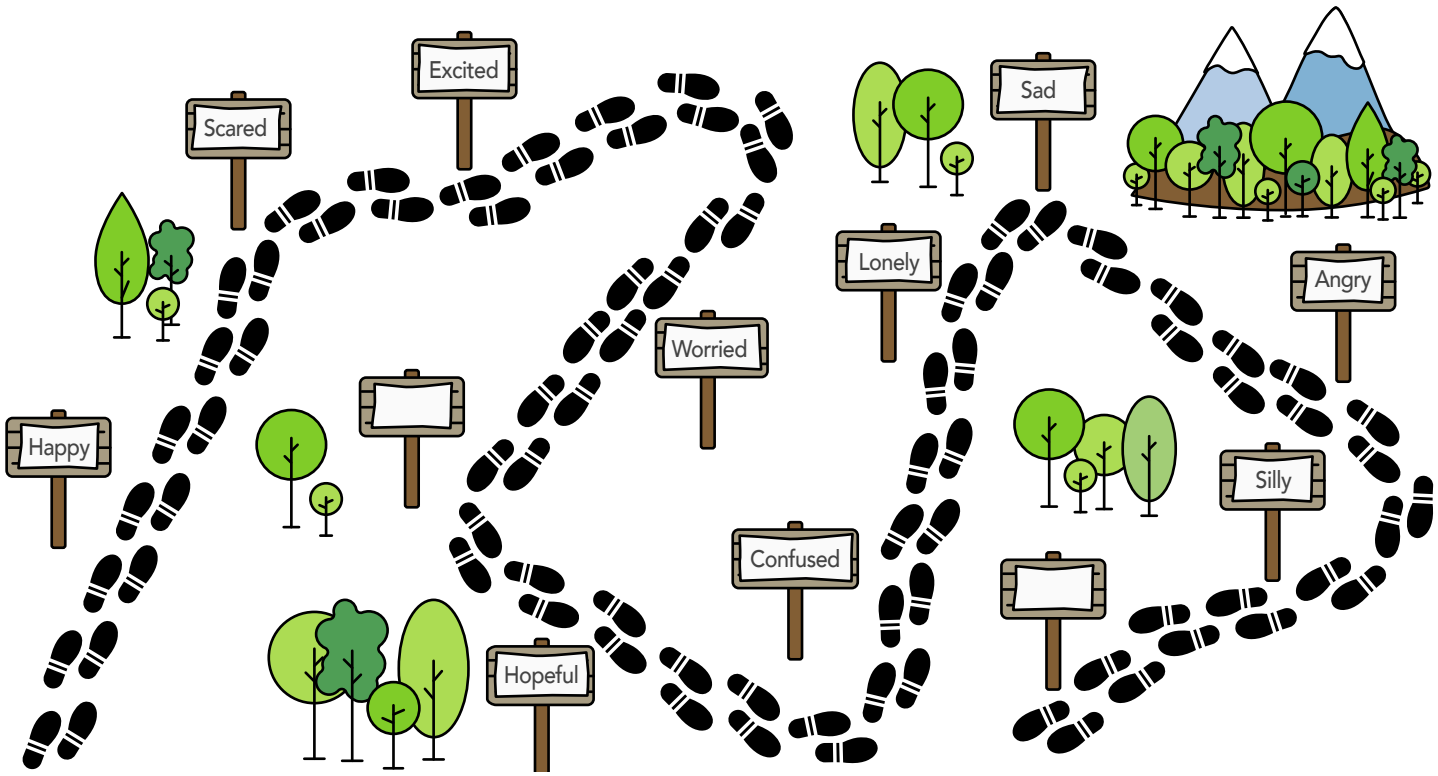
Write and draw...

This person brought me joy today:

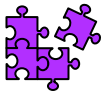
This person brought me joy today:

How do you feel today?

How do you feel today? Travel through Peri and Bobbi's forest and find the word that matches your feelings. When you find the right word, circle it. Can't find a match? Fill in a word of your own on one of the blank signs.



My stay strong plan



Peri has created a plan with some questions just for you.

Read each question. Take time to think about it and fill in the blanks.
Heroes need plans like these to stay strong.

People I can call or talk to for help:

- _____
- _____
- _____
- _____

How I can look after myself:

_____

_____

_____

_____

_____

_____

What has helped me in the past:

_____

_____

_____

_____

_____

_____

My strenghts:

1 _____

_____

2 _____

_____

3 _____

_____

Advice I would give a friend:

_____

_____

_____

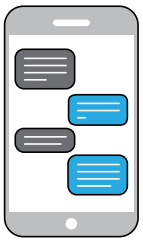
_____

_____

_____

Resources

Kids Help Phone



CFMWS has partnered with Kids Help Phone, True Patriot Love Foundation and Lockheed Martin Canada to launch a crisis texting service for kids from military families living in Canada. Children, youth and young adults from military families can access free mental health and well-being support by texting the keyword CAFKIDS at 686868 for service in English. At this time, the texting service is only available for kids in Canada. Kids from military families who live outside of Canada, can contact the Family Information Line at 00-800-771-17722 to help find regional support for youth.

The Crisis Text Line powered by Kids Help Phone is confidential and available day or night

Canadian Olympic Club

Join the Canadian Olympic Club, presented by Olympic Education Program. It is an all-access community uniting and rewarding Team Canada fans – it's free. Gain points, rewards and get email updates from your Canadian Olympic Team. The Resource Library offers free, high-quality resources and activities that support physical literacy and sport development. https://olympic.ca/olympic-club/

Fire Prevention and Safety

As you move into new your new home it's the perfect time to review escape plans and fire prevention. CFMWS has partnered with National Fire Protection Association and their friend Sparky to help you be fire safe in your new space. https://www.sparky.org/

Natasha's Wood Foundation

The Natasha's Wood Foundation is looking for Canadian children and youth to submit illustrations to four children's books. These picture books are written by Fay Maddison, founder of the Natasha's Wood Foundation, especially with early readers and military families in mind. These inventive stories feature a magical forest, fairies, unicorns and dragons – a whole imaginative world just waiting for children and youth to bring it to life.

The Natasha's Wood Foundation will donate all proceeds from sale of the picture books to arts, sports and education programs for the children of first responders, including the Support Our Troops Funds. These funds support children in military families in a variety of ways, including recreation programs that focus on bolstering children's mental health and resiliency, and inclusive recreation programs for special needs families.

For more information, visit the website: https://www.cafconnection.ca/National/Stay-Connected/Blogs/PSP/Young-Artists-Wanted.aspx

MAKING FRIENDS

MISSION 11

Make a new friend and build your sense of humour

Learn some new jokes with Peri

Knock, Knock. Who's There?
One shoe. One shoe who?
One shoe (you) play with me?

What do you do when a lemon get's sick?
You give it Lemon-Aid.

Knock, Knock,
Who's there? Ice cream.
Ice cream who?
ICE CREAM SO YOU CAN HEAR ME!

Sign up for a new activity

Complete your Hero in Training book.

When you arrive at your new location, go to your PSP Recreation building and share the secret word with a staff member at the front desk. A surprise could be waiting for you.

HINT
Use the SECRET WORD from page 8!

Letter mix-up

Unscramble the letters to spell the words correctly.

Keep an eye out for tips and tricks on how to make a new friend.
Every hero needs a partner!

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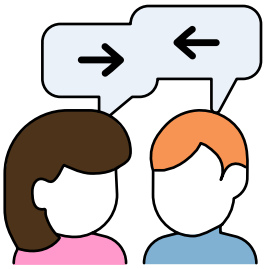

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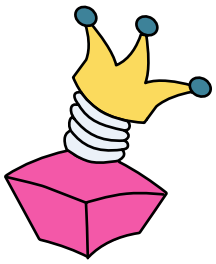

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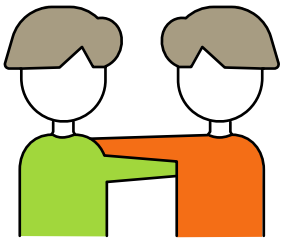


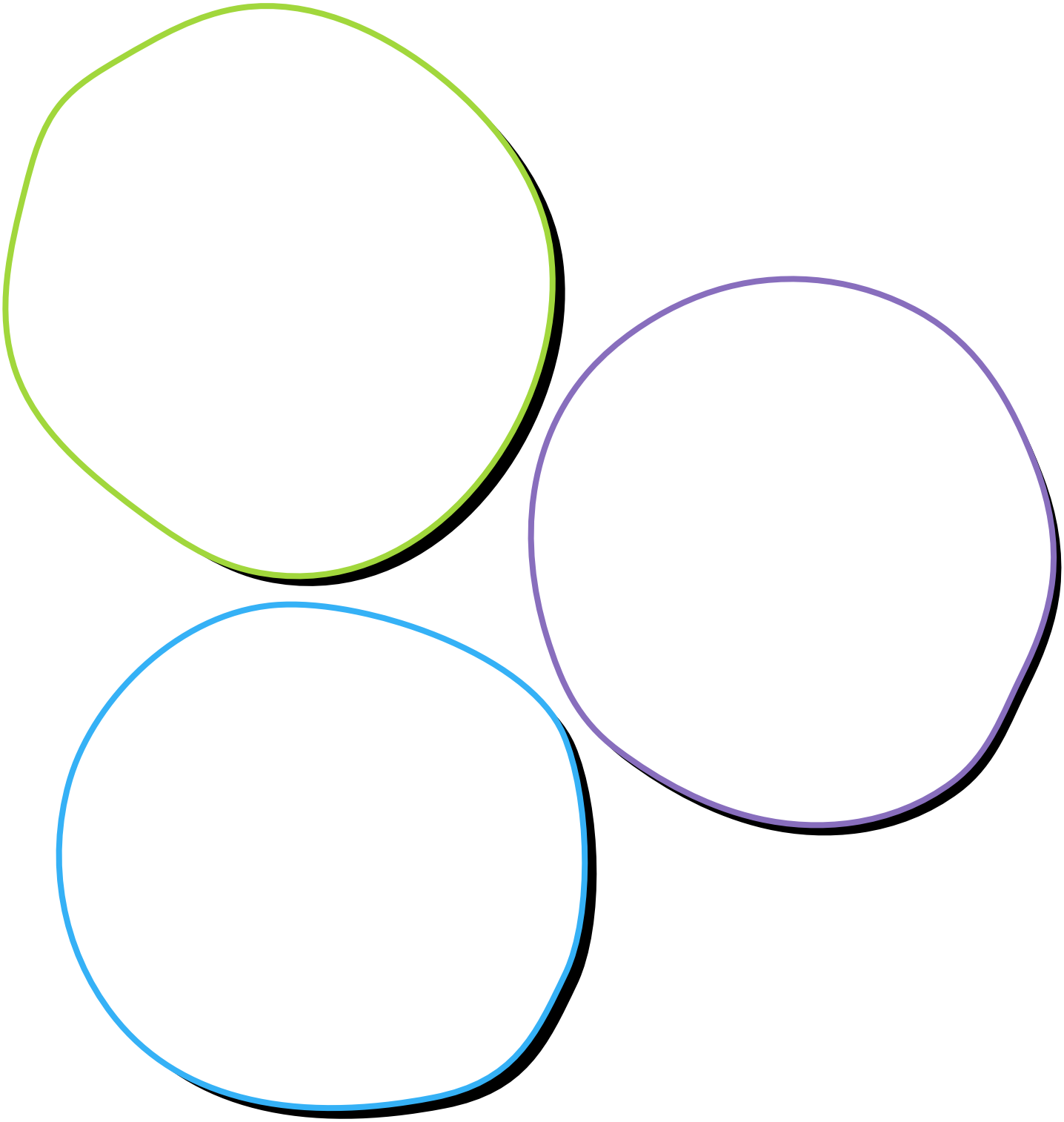
rdeifn

_ _ _ _ _ _

What is a friend?

Peri says, "to have a friend, you must be a friend!"

Draw three ways you can be a good friend.



Peri and Bobbi's sharing starters

With interesting questions, you can spark some great ideas!

Share your thoughts with a friend and listen to their thoughts, too.

What is your **strange talent?**

If you could **spend the day with anyone,** famous or not, who would it be and why?

Would you rather go **camping** or stay in a **fancy hotel?** Why?

What was your **favourite day ever?**

What is **something surprising** that people may not know about you?

If you could be **any animal,** what would you be and why?

Cut these out to make yourself a deck of conversation starters.

More sharing starters!

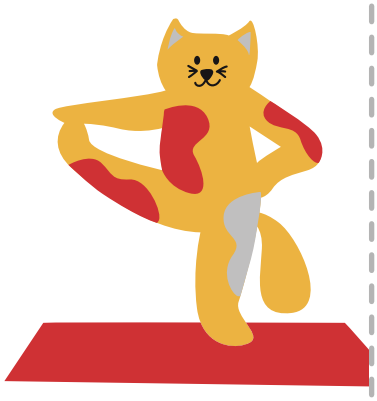
With interesting questions, you can spark some great ideas!

Share your thoughts with a friend and listen to their thoughts, too.

If you had to eat **one food** every day for a week, what food would you choose?

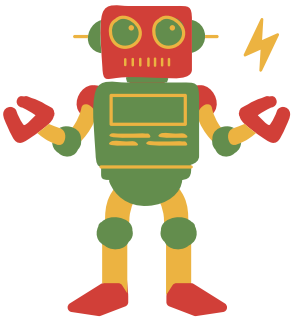
Is there a time you felt **brave?**

If you could choose a **new subject** to learn at school, what would it be?



If someone gave you **$100 and you had to spend it that day,** what would you spend it on?

If you could choose any **superpower,** which one would you choose?



What is your **favourite scent?** It could be a food smell, outdoors, a perfume...

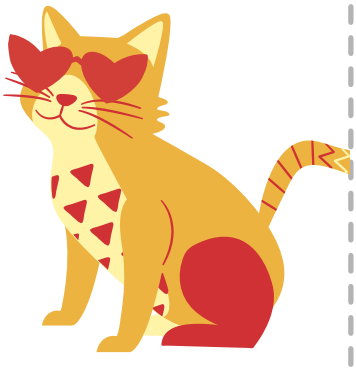
Cut these out to make yourself a deck of conversation starters.

Even more sharing starters!

With interesting questions, you can spark some great ideas!

Share your thoughts with a friend and listen to their thoughts, too.

Are you a **cat** person or a **dog** person?



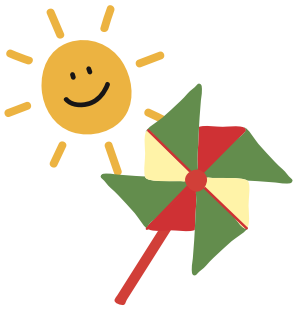
If you could have any job, regardless of the pay, what would you choose?

Would you rather walk on a **city street** or on a **wooded trail?**

If you could win an **Olympic medal, what sport** would you want it to be in?

What do you enjoy more, **giving** a gift or **getting** a gift?

What is your idea of a perfect **playground?**



Cut these out to make yourself a deck of conversation starters.

MISSION 12

Have fun

Making connections

Decorate your puzzle with a favourite memory from your move.

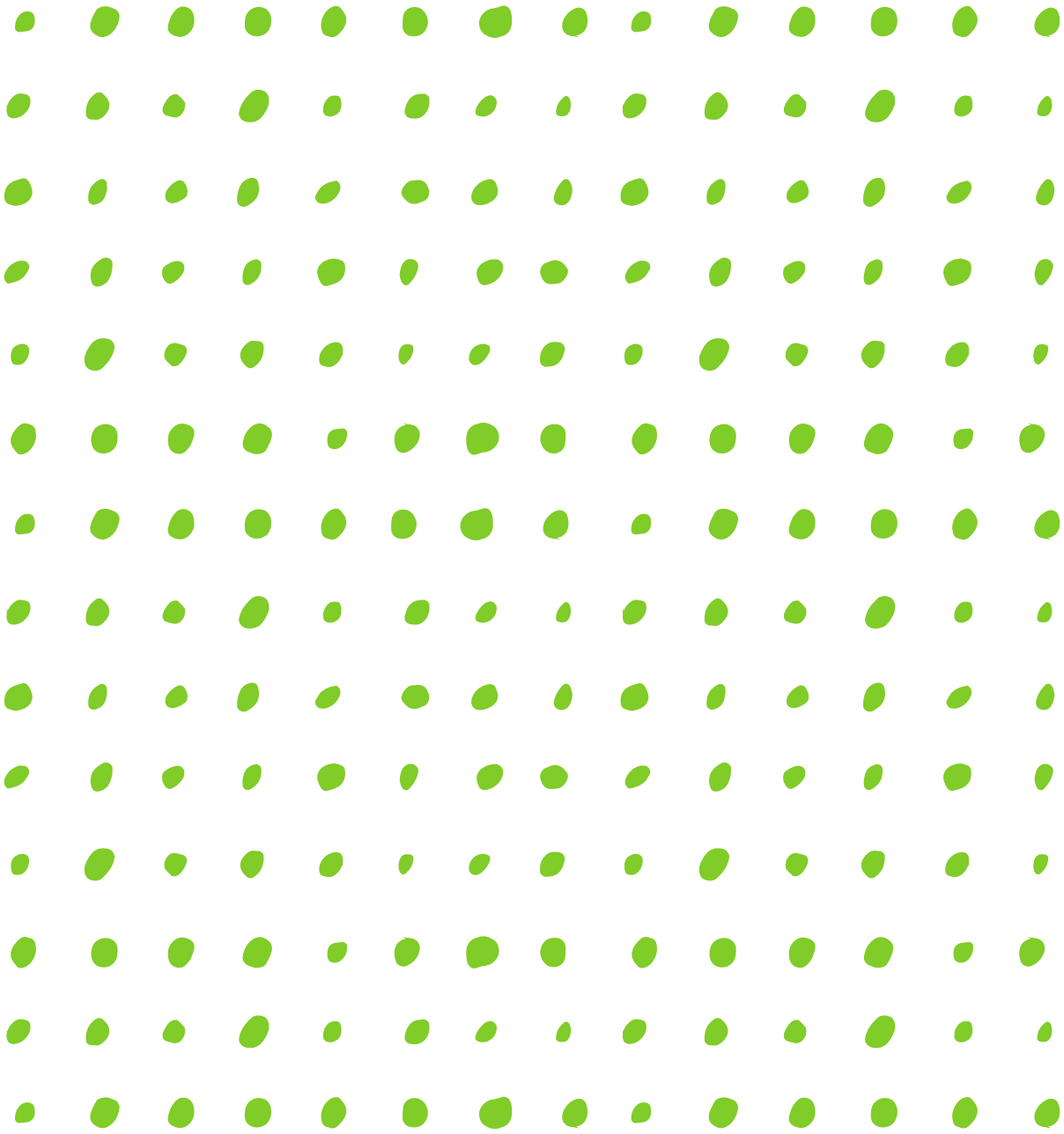
Then cut out your puzzle and have a friend solve it!

Dots

Dots is a fun game to play with a friend.

Each player takes turns connecting one dot to another dot beside it with a line, either horizontally or vertically. You can only draw one line per turn. Eventually the board fills with lines. Some will be connected and some will not. If on your turn you add a line to form a square, you win that box. Put your initials in the box and take another turn.

The object of the game is to have the most boxes containing your initials.

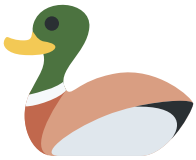


Match noises

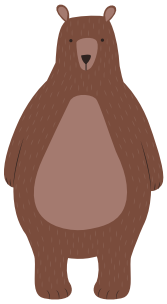
Peri is looking for their forest friends.

Draw a line between each forest animals and the noise they make.

Hoo Hoo



Owoooo



Quack Quack

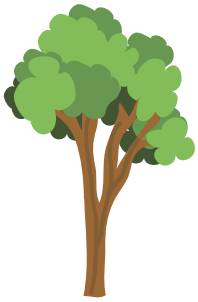
Grrr

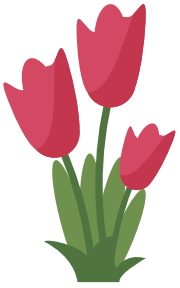
Tweet Tweet

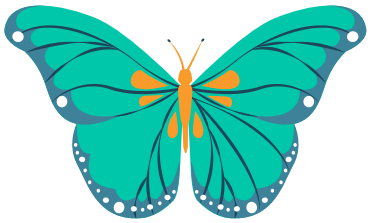
Match the shapes

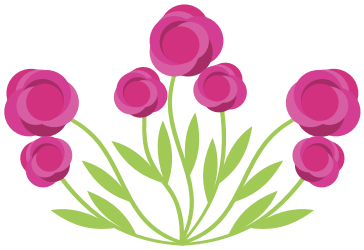
Bobbi drew some pictures and shadows for you.

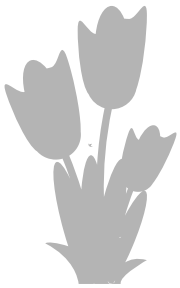
Draw a line to connect each picture to its shadow.

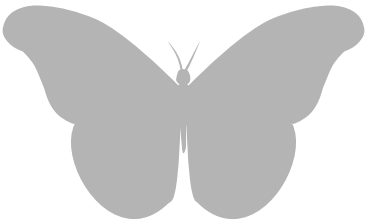


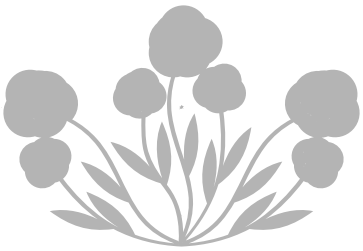


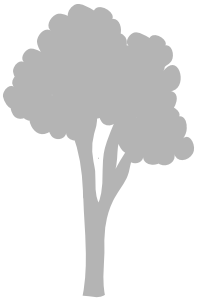


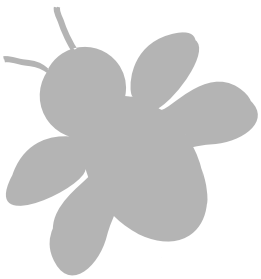












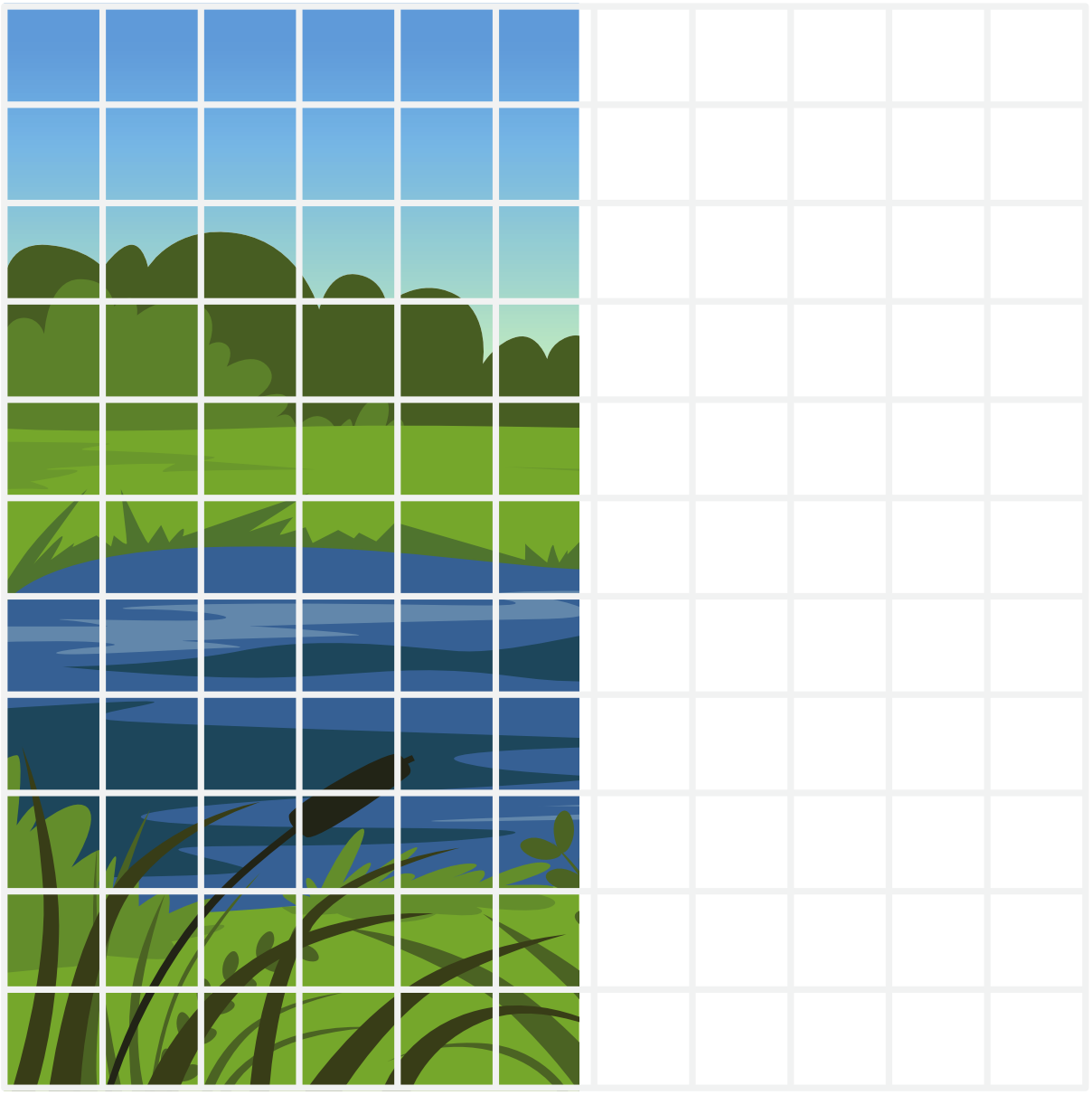
ARRIVE
AND
THRIVE

MISSION 13

Have even more fun

Complete the drawing

This is Peri's new pond. Help him finish building his new home.



Colour and count the logs

Bobby is helping us build a log house.

Count how many logs we need for our house. Colour it!

New room design

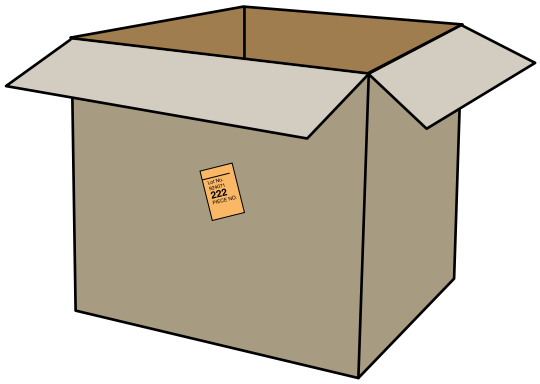
Are you inspired by Peri's new home?

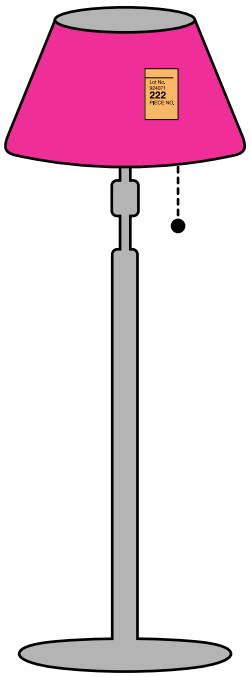
Draw what you'd like your bedroom to look like in your new home. Make it colourful!
Remember to help your parents by keeping your room tidy!

Collect the most moving tags

1. With your parents and other family members, decide a day and time to play this game.
2. When your parents says, "GO", collect as many moving tags as possible in your new house.
3. How many did you get? Write the total number of tags in the box below.
4. Put the tags you collected in an envelope or container.
5. Take the tags to your new PSP Recreation building and show staff at the front desk how many you collected.

Ready, set, GO!

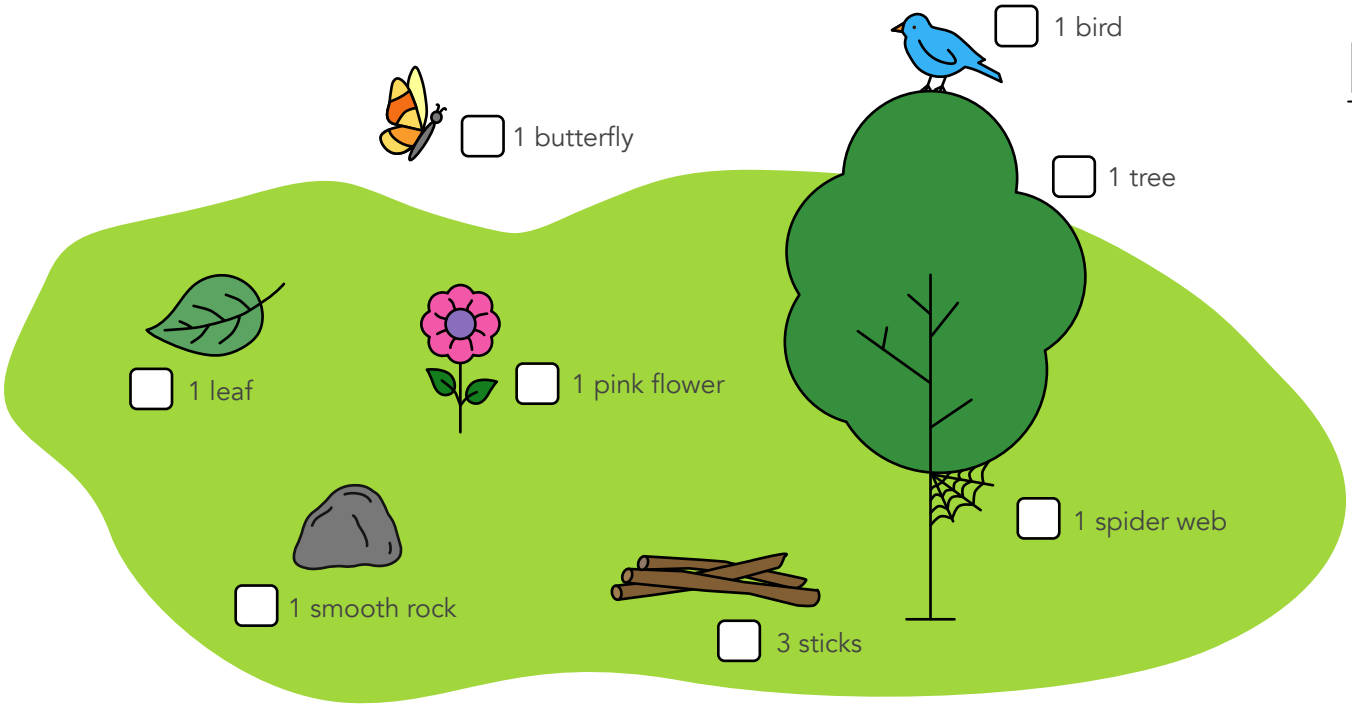




Total:

Bobbi's outdoor scavenger hunt

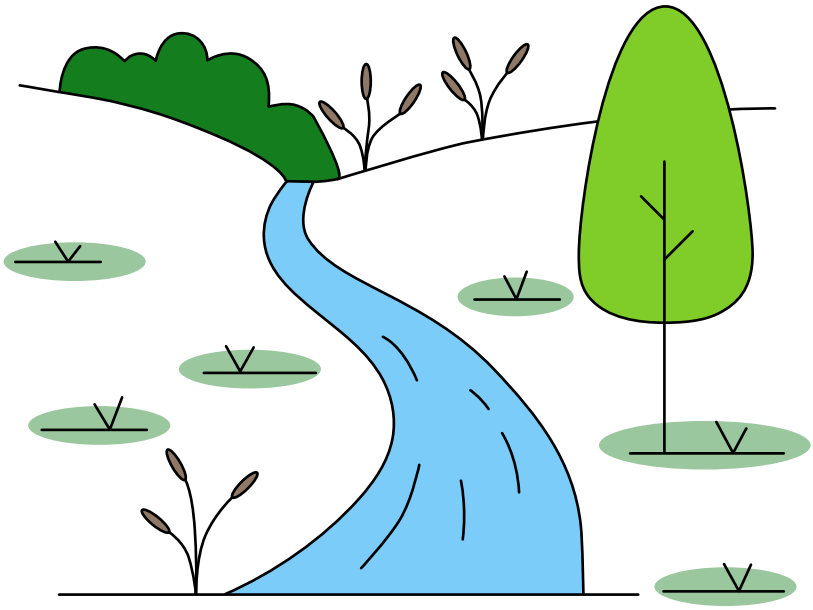
Find a playground near your new house and try to find the items in the list below.
Put an X in the box next to each item once you've discovered them in your new playground.



Peri's river bank

Try this game with one of your family members or with a new friend.

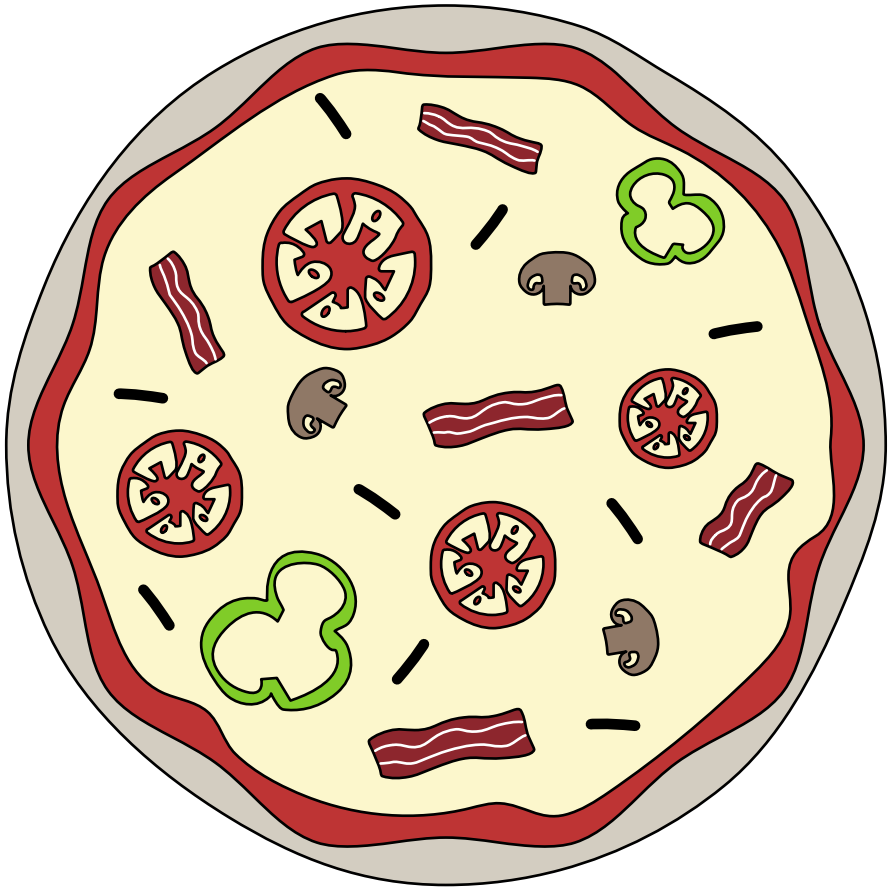
https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

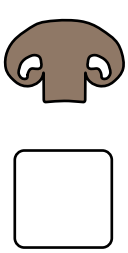


Pizza count

Ordering pizza for your moving day?

Count each ingredient on this pizza and write the totals in the boxes.





Draw any extra toppings you'd order on your pizza.

MISSION 14

Celebrate and learn

Celebrate our heritage

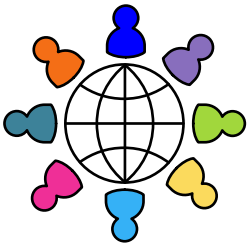
National Indigenous Day – June 21st. Try out this dot-to-dot image and scan the QR Code for more fun activities.

https://www.rcaanc-cirnac.gc.ca/eng/1528210353182/1580759773150

Saint-Jean-Baptiste Day – June 24th. Watch this video and count how many different flags you see. Write the total in the box.

Total

https://www.youtube.com/watch?v=orTc4-cUIiE

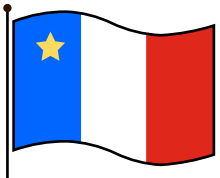


Canadian Multiculturalism – June 27th. Find an activity near you buy using this QR Code.

https://www.canada.ca/en/canadian-heritage/campaigns/multiculturalism-day.html

Canada Day – July 1st. Have your very own Home Jamming. Gather your family members and follow along.

https://www.youtube.com/watch?v=DjKmbRrk6WE

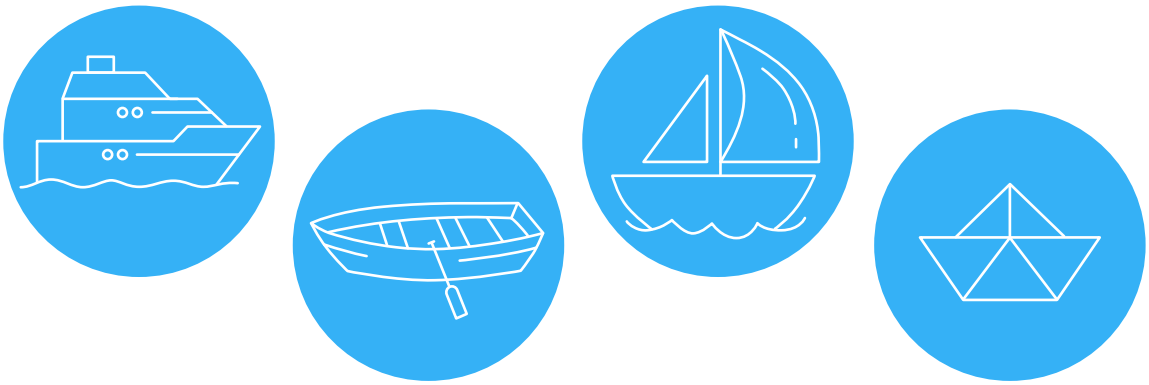


National Acadian Day – August 15th. Watch this video and name the four colours on the Acadian flag.

https://www.youtube.com/watch?v=AmVTOYVk47E

Stem Challenge

Construction challenge: Build a boat.



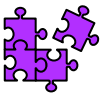
INSTRUCTIONS

1. Plan, design and construct a boat using your moving boxes.
2. Your boat must be able to float.
3. Test and modify your design after constructing.

MATERIALS

- Cardboard from your moving boxes
- Masking tape
- Popsicle sticks

Stem Challenge



Test your desgin on water.

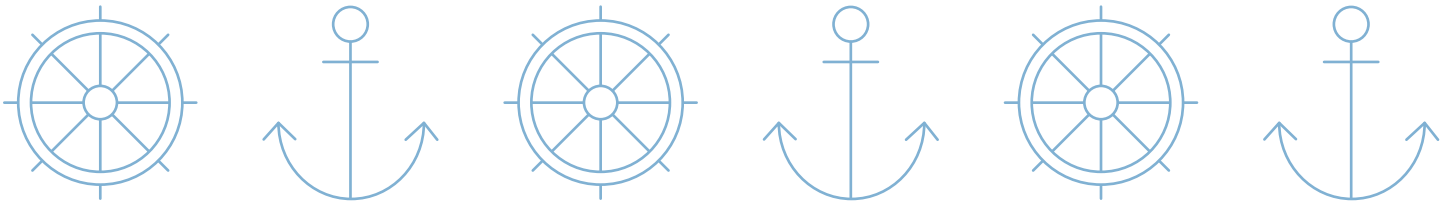
Did your boat float? YES ☐ NO ☐

Make modifications if required.

Rate your design: ★★★★★

What did you like about your design?

How would you improve it next time?



New neighbourhood

Bird scavenger hunt.

☐ robin

☐ blue jay

☐ finch

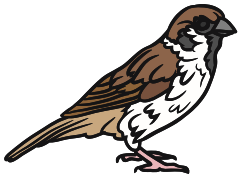
☐ hummingbird

☐ woodpecker

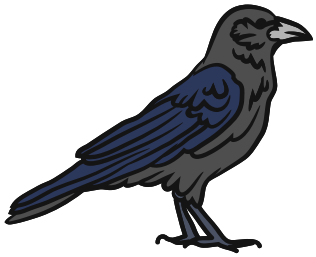
☐ mockingbird

☐ red-winged blackbird

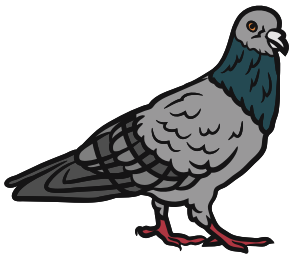
☐ cardinal



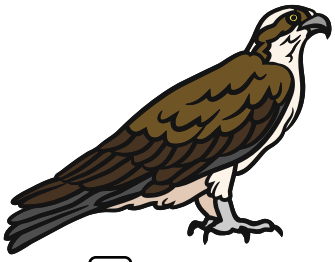
☐ sparrow



☐ crow



☐ pigeon



☐ hawk

Positive growth mindset

You really want to try out for a sports team but you don't think you have the same skills as other applicants. What can you do to help you achieve your dreams?

MISSION 15

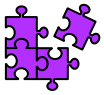
Connect with others

Shhh... it's a secret

If you'd like to connect with other military kids, try Peri and Pera's secret handshake and see if you can find someone in your community that knows it, too.

https://www.cafconnection.ca/National/Programs-Services/Relocation/Hero-in-Training/Videos.aspx

You are now a Hero!



Celebrate what you've accomplished.

Ask a parent to join you.

Find a cosy and special place. Call it your den, or, like Peri would say, your "special pond".
Based on the activities you did in this book, read through the questions below and circle one of the answers (Yes, No or Maybe). Next, think about a word that best describes each accomplishment.
(Use the box below to find the right words)

I am most excited for…

FRIENDS – This year I would like to make the following new friends:

CONFIDENCE – I want to improve my confidence in…

My favourite part of the move was…

LEGACY – After this posting I want people to remember me for…

SKILLS – Give yourself a STAR for the skills you are already great at and a CHECK beside the skills you want to work on at your new home.

- ☐ Problem solving
- ☐ Caring for our planet
- ☐ Learning from mistakes
- ☐ Teaching others
- ☐ Working independently
- ☐ Helping others
- ☐ Expressing your feelings
- ☐ Making friends

Personnel Support Programs (PSP) is part of Canadian Forces Morale and Welfare Services. We support the mental, social, physical and financial wellbeing of the Canadian Armed Forces community. Responsive to the changing needs of the Canadian Armed Forces (CAF) our programs support operational readiness.

CF Morale & Welfare Services

Services Bien-être et moral FC

Parks Canada

Parcs Canada

Parks Canada is a proud collaborator of the Hero in Training program.