

Workshop 1: Reading *My First Adventure*

Duration of activity:

- Approximately 20 minutes

*Take the time to read the story with your child. Answer their questions and check that they understand. Enjoy reading the story and have fun!

Objectives:

- Allow parents to talk about the posting with their child through the story *My First Adventure*
- Allow the child to identify with the character of Mimo and normalize their experience
- Allow the child to understand the importance of the choices they can make and the impacts they have

Materials required:

Story, *My First Adventure*

*The story can be read on an electronic device or printed out on paper. There is a printer available at low cost at the Valcartier Military Family Resource Centre.

**Depending on your child's level of interest, you can make a paper fortune teller to give them when reading the story. See workshop 2.

Process:

<u>Duration</u>	<u>Steps</u>
2 min	<p>Introduction: Explain to your child that they are doing this activity just like other children who will be going through a move just like they are. If you have not done so already, explain why a military family has to move.</p>
15 min	<p>Story: Read the story about Mimo the penguin. It is a special story because at two spots, your child can choose the actions the main character takes, which affects what comes next. Do not influence their choices. Their choice might indicate how they are feeling about/choices during your move.</p> <p>When reading the story, don't hesitate to add questions or comments in relation to your move:</p> <ul style="list-style-type: none"> • How do you feel about moving? • Talk about the location of your posting/distance/timeframe/language spoken, etc. • Why did you make this choice for the main character? • How would you like your new room to look? • How can you stay in contact with your friends? • Would you like to do something special to celebrate our move?

	<ul style="list-style-type: none">• What places could we visit to help you meet new friends? <p>This story is an opportunity to broach the subject and to facilitate discussion. **You can read the story more than once. Your child may want to find out what happens if they make different choices.</p>
2 min	Conclusion: Ask your child what they thought about the story and explain that you will create the two tools suggested by Mimo's parents.