

Little Troopers at School Spring Newsletter



Welcome to the latest newsletter from Little Troopers, there is so much to tell you!

We know it is extremely busy for schools at the moment but we wanted to update you on some new resources that can be added to your toolbox to help your service pupils. The pandemic has impacted everyone including military children whose parents have been posted away from home at short notice, had deployments extended or rest and recuperation breaks cancelled.

In this newsletter you can read about the new resources we have launched to help secondary schools, get an update on the schools roadshow and hear about the future developments to the Little Troopers at School project.

In addition we are keen to let education settings know about our new

Little Troopers Gazette. The first edition that went out in December reached over 2,500 little troopers. The Gazette is a free newspaper with lots of articles written by and for military children, the Spring edition will be out in March and you can now apply for some copies for your children from the military community.

Take five minutes and read on, we promise you it will be a good use of your time. If you have any thoughts or questions feel free to **get in touch**

Secondary
School
Resources

Primary School
Resources

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- Mindfulness Pack
- X-Ray of Feelings
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Mindfulness Pack

Little Troopers has added a mindfulness pack to our **Secondary School Resources Hub** to help schools provide support for military children.

Launched during Children's Mental Health week, the pack of five **mindfulness sessions** can help older children at school and at home. Homeschooling and lockdown is making mindfulness and connecting with nature hard at the moment. That's why we wanted to add this free resource to our Secondary School resources. The pack which includes five sessions

with guidance sheets, notes and activities can be used in school or at home. To download the pack [click here](#).

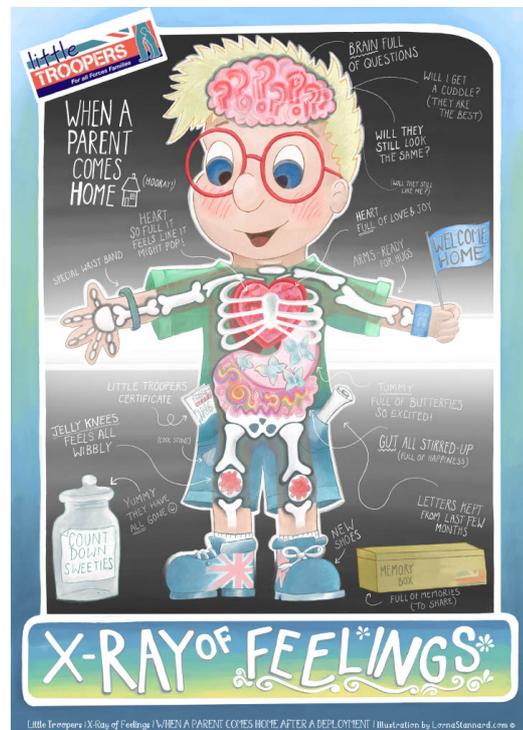
X-RAY OF Feelings

Perfect resource to help children understand their feelings

'X-Ray of Feelings' are a new set of downloadable resources to help military children make sense of their emotions during challenging life events that they often face. **This new initiative** includes a series of five beautifully illustrated pictures showing an X-Ray of a child's body which uncovers some of the thoughts and feelings they might be experiencing. Along with the illustration you can download an activity sheet that has been created by an educational psychologist

Louise, Founder of the charity said: "When military children are going through a tough time it can feel like they are the only one who feels that way and it can be hard to articulate those feelings. **This resource** can encourage them to identify with and talk about their emotions by describing physical feelings in their body.

To download 'X-ray of Feelings' resources click here.



Author Workshop



Wellbeing Session - Superheros



Role Play area session (Army, RAF & Navy)



Primary School Online Workshops - JUNE 2021

In 2020/21 we were hoping to travel across England to meet some of you at our roadshow events, however inevitably these plans have had to change like many others. Our roadshow is now online which is really exciting as we will be able to welcome lots more schools and children.

The two-hour live workshop is completely free to attend and is open to all military children in your setting across all age groups up to the age of 11. The workshop is part of a virtual roadshow that the charity is undertaking across primary schools in England to celebrate what it means to be a 'Little Trooper'.

Suitable for groups of any size, the workshop will bring together children in a similar situation and explore some of the unique challenges and opportunities that service children experience as members of the British Armed Forces community. The session will be delivered by an experienced team of facilitators using Little Troopers' primary school resources incorporating storytelling, movement, group discussion and drama.

To find out more and register for an event near you please click [here](#)
Wales workshops coming later in 2021.

WEEK ONE 7-11 JUNE	AM Session	PM Session
Monday	Cornwall Devon	Somerset Dorset
Tuesday	Wiltshire Gloucestershire	Herefordshire Shropshire Cheshire
Wednesday	Merseyside Lancashire Gtr. Manchester	Cumbria Northumberland
Thursday	Durham Tyne & Wear	North Yorkshire West Yorkshire East Riding of Yorkshire South Yorkshire
Friday	Derbyshire Staffordshire	West Midlands Worcestershire Warwickshire
WEEK TWO 14-18 JUNE	AM Session	PM Session
Monday	Oxfordshire Berkshire	Hampshire West Sussex
Tuesday	East Sussex Kent	Essex Suffolk
Wednesday	Norfolk Lincolnshire	Nottinghamshire Leicestershire
Thursday	Northamptonshire Buckinghamshire	Bedfordshire Hertfordshire
Friday	London Surrey	Cambridgeshire Rutland

This programme has been made possible by The Armed Forces Covenant Fund

FORCES LIFE CLUB SESSIONS:

NEWLY LAUNCHED

We help you to create a Forces Life Club in your setting to bring young people together in a relaxed way to cover various sessions with a military theme.



FLC - Intro & Display Board

FREE

[READ MORE](#)

Forces Life Club

At the beginning of 2021 we launched our '**Forces Life Club**' resources to help support older military children and their schools. Teachers can now **download** the first eight sessions, with a further eight coming soon. It includes everything they need to set-up and deliver a dedicated virtual or in-person pastoral support club for military children aged 11-16.

The resources can be adapted to different ages, group sizes and interests, making it still possible to set-up a virtual Forces Life Club.

As an extra boost to support our schools Little Troopers will be sending a £25 supermarket voucher to the first 25 secondary schools to **download the Forces Life Club pack** to help you start your club. ***Send us an email to claim your voucher once you have downloaded the pack and to set your club up***

COMING SOON

- Secondary school Wellbeing course template for delivery in education settings. Request your free course [here](#)
- Teen podcast. Working with year groups 9,10 & 11, an opportunity for military children to tell their story and talk of their journey through military life
- Online toolbox - content for you, the people supporting military children in education

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