

PARTICIPANT'S JOURNAL

a guide by

PSYCH/ARMOR®

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**WOUNDED WARRIOR
PROJECT**



Section 1: Who We Are

Theme: Self-Identification

SUMMARY

The theme for this section is self-identification. Hidden Helpers employ many different identities. This session is intended to help participants recognize and share the similarities and differences in how they see themselves. In doing so, the aim of this session is to lay a foundation for participants to see their connection to one another, emphasizing that they are not alone.

GROUND RULES:

(Use this space to write down your ground rules)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

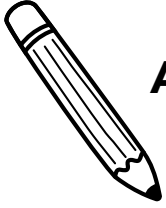


Activity 1: Identity Shields

- What identities do you hold?
- What similarities do you have with other group members?
- How does knowing you all have these similar backgrounds make you feel?
- Of these, which impacts your life everyday? How so?

Use this space to create your shield.





Activity 2: Advantages and Challenges of Being A Military Kid In A Caregiving Home

Advantages

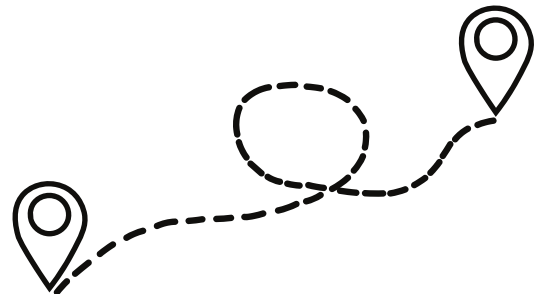
Challenges

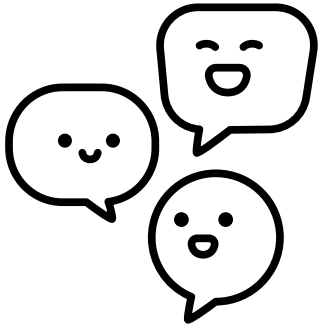


Discussion Option 1: The Trip Around The World

Imagine that you were going to go on a trip around the world and you get to choose one person and one item to bring along. What and who would you choose and why?

Use this space to write or draw your thoughts and ideas





Discussion Option 2: Your Best Friend/Ally

Think about your closest friend or ally. Share what makes this person special. How did you start talking and getting to know this person? What are your favorite things about them? In what ways, do you like to spend time together? What makes them a good friend? What makes it challenging to maintain a relationship with them? What are ways we can stay connected with friends even if they are far away physically?

Use this space to write or draw your thoughts and ideas





Use these sentence starters to write down some reflections from this section.

- Today was a good/bad day for me because...

- I was excited to...

- I had the opportunity to...

- I didn't expect to...



SECTION 2: OUR UNIQUE FAMILIES

Theme: Strengths & Growths

SUMMARY

The theme for this section is strengths and areas for growth within the context of the unique military and Veteran families that hidden helpers are part of. Each family has unique traditions, norms, and experiences. This session is intended to highlight both the areas of strength and potential for growth to help participants gain confidence in their family system. In doing so, the aim of this session is to lay a foundation for participants to reflect on their family's military service and to gain coping skills for potentially tough feelings.

●●●●● **ACTIVITY 1: FAMILY TREE**

Your family tree can be made up of anyone you feel is supportive to you - whether they are actually related to you or not. Be creative in who you want to include and how you'd like to present your family tree!

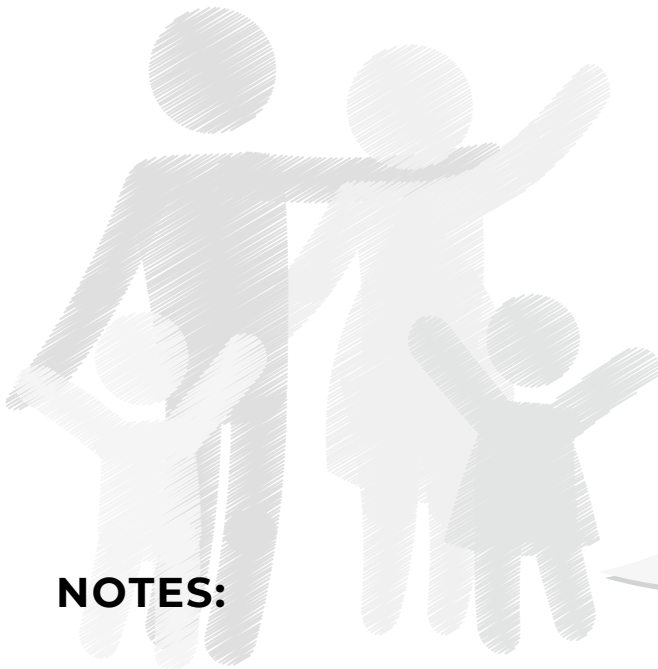
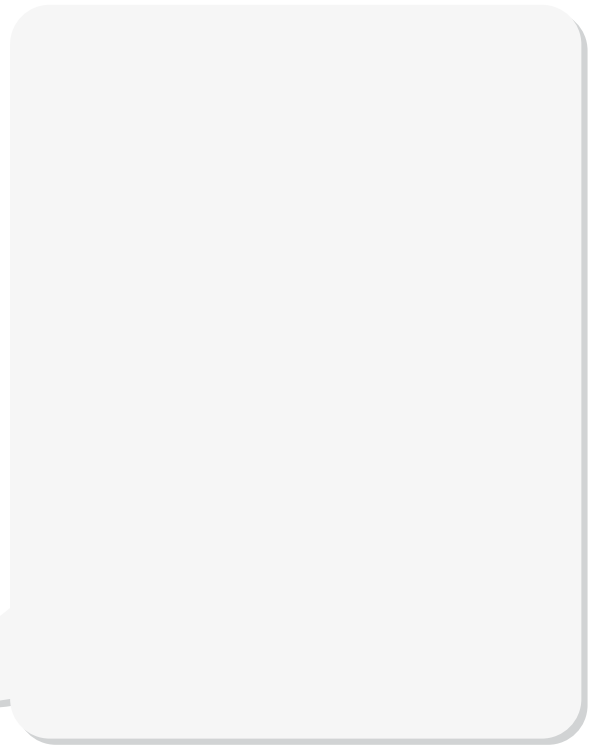
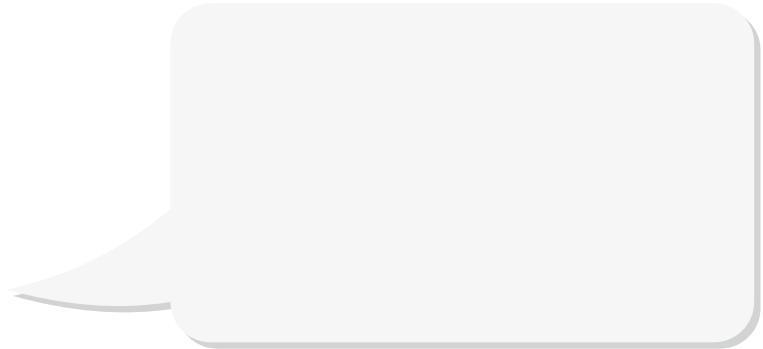
Use this space to draw your family trees





ACTIVITY 2: WHAT DOES IT MEAN TO BE A MILITARY FAMILY MEMBER?

Create a visual (drawing, word bubbles, abstract) about what it means to be a military family member. You may have time to discuss this with other group members, so feel free to also capture any notes you need to take with you here.



NOTES:



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SECTION 3: WE SERVE TOO

THEME: SERVICE & PURPOSE

SUMMARY

The theme for this section is service and purpose as it relates to the way in which hidden helpers also serve. Service can come with the responsibility of advocacy (called “Speak Up Skills” here), so this session is intended to help participants build self-advocacy skills. In becoming an advocate for themselves and others, hidden helpers have the building blocks to become peer leaders in their communities. The aim of this session is to discuss and strengthen these skills, in order to help them more effectively communicate with their peers and adults.

Activity 1: What is “service”?

Use this space to brainstorm ways that you can perform acts of service.



Activity 2: Speak Up Skills

After watching the video (found here:
<https://www.youtube.com/watch?v=HJL3TLxXa9o>) use
this space as you'd like for the discussion that follows.

Activity 3:

Leader of the Blindfolded OR Direct the Egg

This is an in-person activity, but use this space to write any reflections you have about the activity that was chosen.



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Section 4: Building Resilience

Theme: Grit & Self-Worth

SUMMARY

The theme for this section is grit and self-worth, which will focus on strengthening the participants' sense of resilience and confidence. Building resilience is a learned skill from caregivers, including young helpers such as the kids in a military/Veteran caregiving home. By the end of this session, participants should have a proud sense of how much they've overcome, as well as coping strategies for when they come across challenges.



After watching the video (found here: https://www.youtube.com/watch?v=CCZY_TlwhDU) use this space as you'd like for the discussion that follows.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



A decorative background featuring three overlapping circles of varying shades of gray. The largest circle is on the left, a medium-sized one is in the upper center, and a smaller one is on the right. Horizontal lines are drawn across the entire page, passing through the circles.



Use these sentence starters to write down some reflections from this section.

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