

WHEN A SPECIAL PERSON GOES AWAY

Children's Workbook



**This booklet has been designed
to assist children to understand
the difficulties encountered when
a special person goes away**

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My name is

And I have a special person serving in the

(Royal Navy, Royal Marines etc.)

On/at

(Ship/Squadron/Unit)

My special person is called

And they are my

(Mum/Dad/Brother/Sister etc.)

Where does your special person work?

My

Works on

a Ship

a Submarine

an Aeroplane

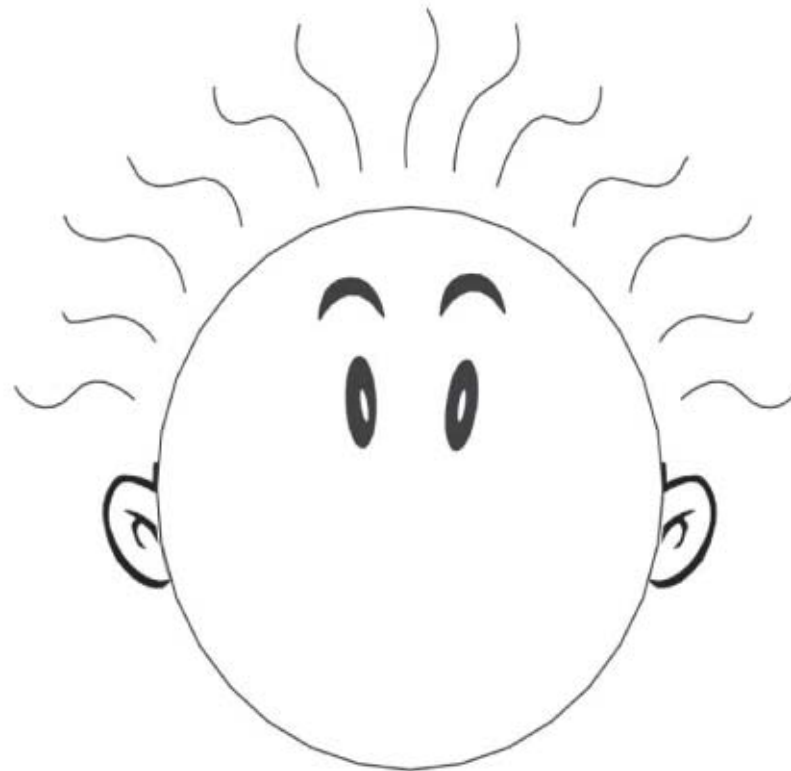
a Helicopter

(If your special person works somewhere else
you can write it on this line)

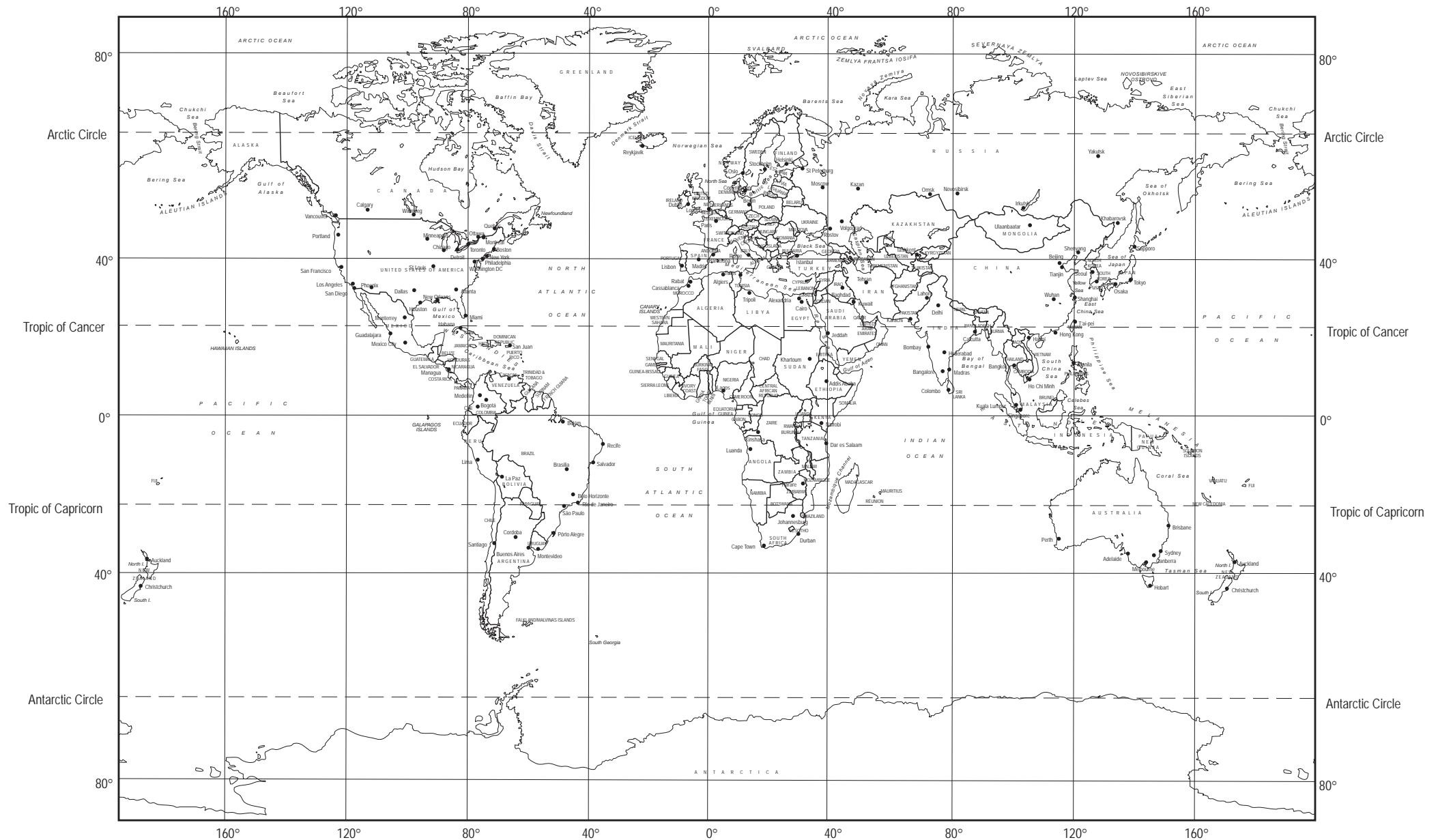
Have you been to where
your special person works? Can you draw it?
If you haven't don't worry just draw what you think it looks like.

A large, empty rectangular box with a thin black border, intended for a child to draw the location where their special person works.

**How do you feel about
your special person going away?**
(Draw a picture of you, are you happy/sad etc)



Where is your special person going?



Now you know where your special person is going, you could do a project on it.

Ask your special person to send postcards when they can.

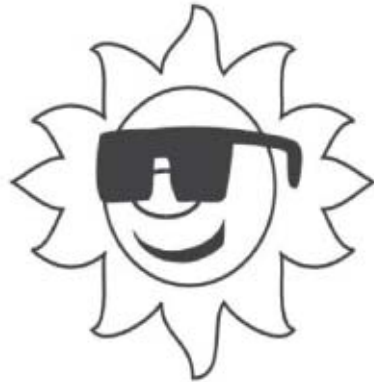
And stickers and pictures so that you can add them all into your project.

And when your special person comes home you can show it to them.

What is the weather going to be like where Your Special Person is going?



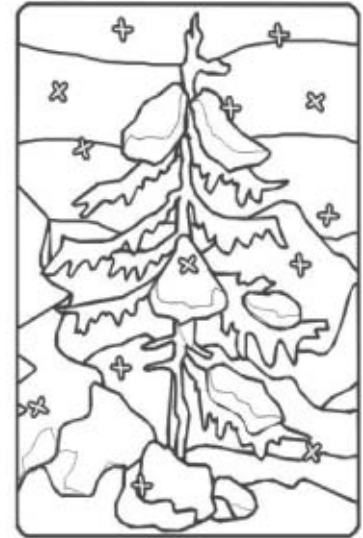
Spring



Summer



Autumn

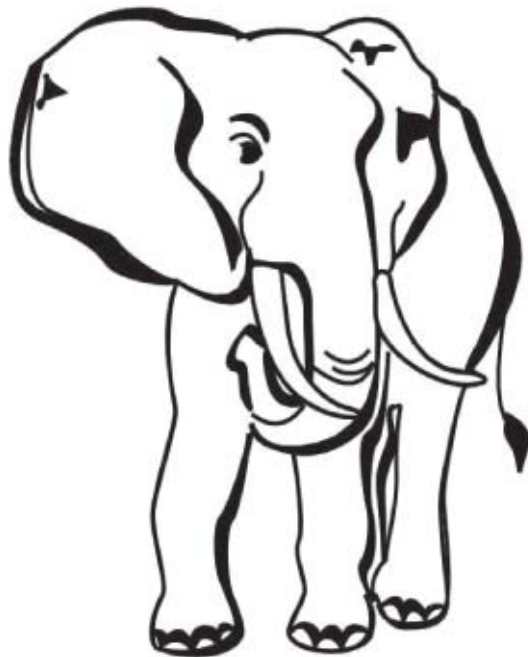


Winter

Don't worry if you have more than one type of weather
your special person might do as well!

Are there any types of animal your special person might see whilst they are away?

Elephant



Penguin

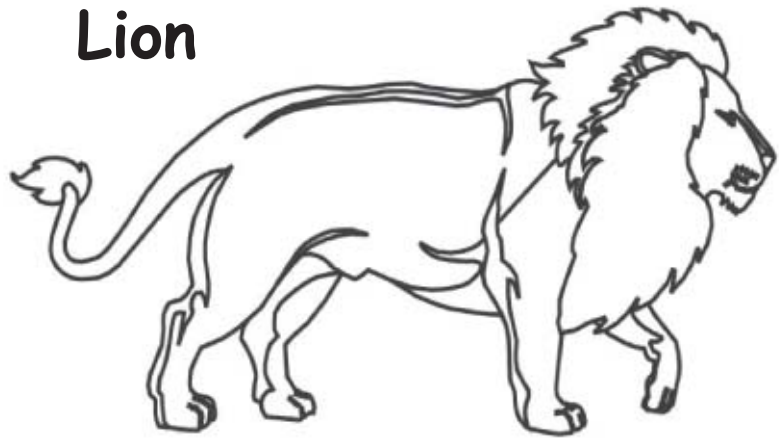


Deer

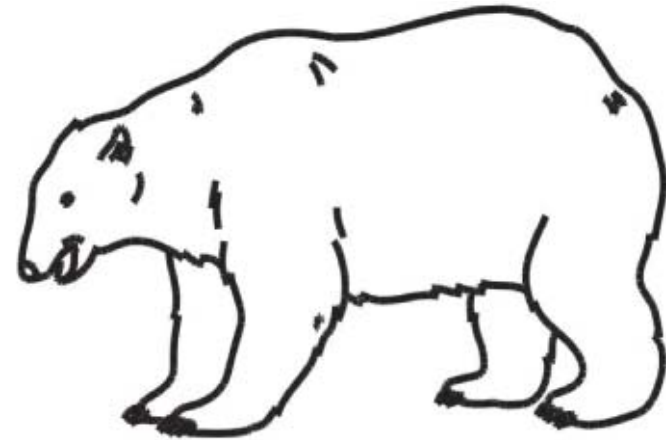
Camel



Lion



Polar Bear

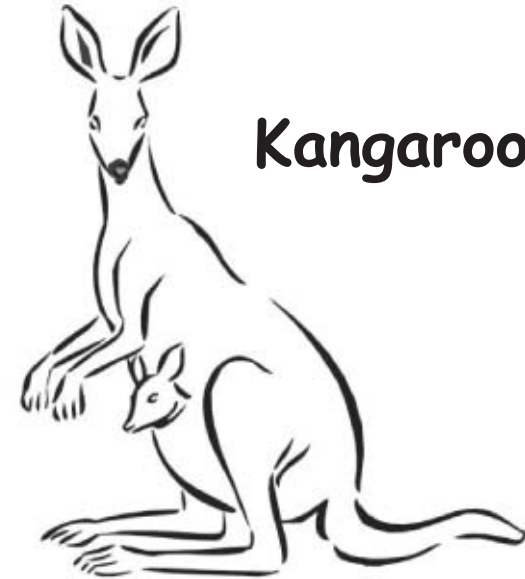


Koala



Monkey

Kangaroo



Do you know of any other animals that will be where your special person is going? Can you draw them? Or find pictures of them and stick them on this page.

A large, empty rectangular box with a thin black border, intended for children to draw or paste pictures of animals.

3-4 weeks before your special person comes home you can send them this letter to tell them how much you've changed since they've been away.

Dear

I have changed since you have been away.

I have grown

I am in

class at school

I have learnt to

since you have been away

I have changed my

And I have a new

My friends are called

Can you think of any other ways you have changed? You can write them here. Then ask a grown up to post your letter.

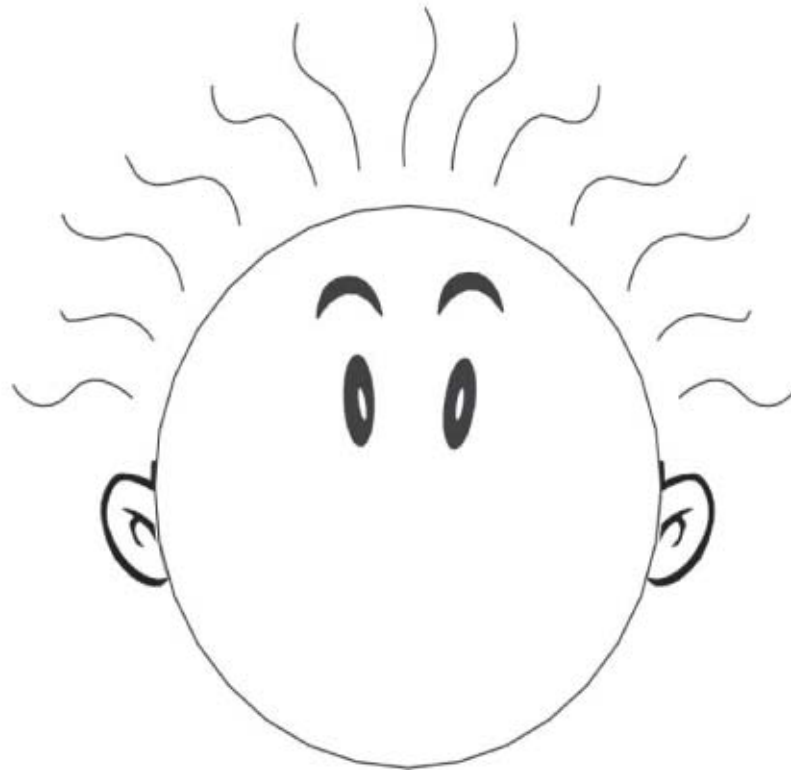
from

Draw a picture of you and your special person on your reunion day.



How do you feel when your special person is coming home?

I am feeling
.....



Reunion day is here at last.
How do you feel?

Scared

Excited

Nervous

Happy

Confused

Sad

Don't worry all these feelings are perfectly normal and don't be scared to tell a grown up how you are feeling

Naval Personal & Family Services - NPFS

Western Region
HMS Drake, Plymouth
Tel: 01752 555041

Out of Hours: Officer of the Watch
Tel: 01752 555220

Eastern Region
HMS Nelson, Portsmouth
Tel: 023 9272 2712

Out of Hours: Officer of the Watch
Tel: 023 9272 6159

Northern Region
Clyde/Faslane
Tel: 01432 672798

Out of Hours: Duty Naval Base Officer
Tel: 01436 674321 ext 4005

HIVE Information Service

Area	Telephone	Email
Portsmouth	023 9272 2151	fleet-rnhivemailbox@mod.uk type area of HIVE into the subject box
Plymouth	01752 286138	
Faslane	01436 678029	
Yeovilton	01935 840333/455214	
Culdrose	01326 573269	
Poole	01202 202444	fleet-rmhivemailbox@mod.uk type area of HIVE into the subject box
Chivenor	01271 857 407	
Taunton	01823 362471	
Stonehouse	01752 836186	

Further HIVE Information Centres can be found at www.hive.mod.uk .

RN Community Forums

www.royalnavy.mod.uk/community

Naval Families Federation

Tel: 023 9265 4374

www.nff.org.uk

For Compassionate leave or travel contact: JCCC on 01452 519951

For all other welfare matters contact: NPFS & RMW

