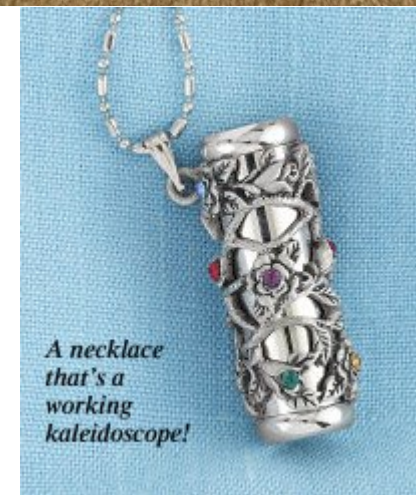


Adventure Backpack

My husband loved this one. In preparation for one of the moves he and our daughter went on a special shopping trip together to choose her adventure backpack! I was a tad worried he'd take her right over to the military surplus store and she'd end up with a bug out bag bigger than she was.... But my worries were unfounded, and they came home with a little backpack she had picked out of normal size and price. There was a positive mindset about the move implied with calling it the "adventure" backpack. There was also the implication that she was going to be responsible for keeping herself entertained during the car trip, and the first few days at the new assignment while we were waiting for our belongings and to get into our house.

We let her make the choices about what she wanted to pack in her bag, and there were several dinner conversations where she was talking about what she wanted and why, and used that time to bounce ideas off of us about what to bring. She understood that everything she wanted to bring had to fit in the bag, and she was responsible for carrying it and keeping track of it. We had also found two little necklaces for the trip; one was a tiny kaleidoscope to remember to find new and positive ways to look at things, and a plastic spy glass to remember this was an adventure. We were moving in the middle of the school year, so we were working really hard to spin the positive! I think that her taking ownership and responsibility for the adventure backpack helped her have a sense of control in a situation where military kids typically feel they have none.



Have fun and enjoy!

~A Northside ISD Military Wife

<http://nisd.net/militaryfamilies/activities-military-children>