

Primary Assembly Planner

Month of the Military Child

This assembly guide can be tailored to your own school requirements, ensuring that the assembly takes account of age, stage and the social, community context of the school environment.

The assembly can be enhanced by encouraging greater involvement from your schools armed forces children or even asking serving parents into the school to talk about their job role.

Trauma Informed Practice

Please be mindful that a child may have had experience of trauma throughout their forces life and some questions may generate difficult emotions. The impact of trauma may make it difficult for a child to put their feelings into words, understand their emotions, or remember certain details. Forces Children Scotland advocate a trauma informed approach at all times. Please refer to our online webinar from Karen Treisman where she discusses trauma in an armed forces context.



Supporting armed forces children & young people



Time	Approximately 30 minutes	
Learning Objectives	<ul style="list-style-type: none">- I understand why Month of the Military Child is an important celebration- I understand who the Armed Forces are and can explain what they do- I can identify some challenges that military children might face- I can describe some strengths of military children- I can identify some of my own strengths	-
CfE Links	<ul style="list-style-type: none">- I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all. <i>HWB 0-10a / HWB 1-10a / HWB 2-10a / HWB 3-10a / HWB 4-10a</i>- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support. <i>HWB 0-08a / HWB 1-08a / HWB 2-08a / HWB 3-08a / HWB 4- 08a</i>- I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. <i>HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</i>	-
You will need:	Month of the Military Child Assembly Pack, Projector/Interactive whiteboard with access to audio.	

Slides 1 – 2

Title Slide/Aims

Display the title slide as children come into assembly, providing an opportunity for them to consider the theme as they settle. Share the assembly aims with the children. Explain that in today’s assembly, we will be exploring why Month of the Military Child is an important celebration.

‘Does anybody know who the Military – or Armed Forces- are?’

MONTH OF THE MILITARY CHILD 2025
FORCES CHILDREN SCOTLAND
Supporting armed forces children & young people

AIMS

- I can explain why 'Month of the Military Child' is an important celebration
- I can describe who the Armed Forces are and can explain what they do
- I can identify some challenges that military children might face
- I can describe some strengths of military children
- I can identify some of my own strengths

Slide 3

What is Month of the Military Child?

Discuss the importance of Month of the Military Child. Key learning points:

- Did you know that April is a special month for children and young people who have a mum or dad serving in the military, or who used to serve? It’s called Month of the Military Child.
- Back in 1986, the United States started celebrating this special month to say thank you to all the amazing children whose parents serve in the military.
- If your mum or dad serves in the Armed Forces now, or used to work in them before, you’re part of a very special group called armed forces children and young people. Explain that we can also refer to military children as armed forces children.

WHAT IS MONTH OF THE MILITARY CHILD?
FORCES CHILDREN SCOTLAND

Slides 4 – 10

What do the Armed Forces do?

Show the pictures on slide 5 and ask the children to contribute their ideas.

WHAT DO THE ARMED FORCES DO?
FORCES CHILDREN SCOTLAND

The Armed Forces are like our country's superhero team! They work hard to keep the United Kingdom safe, and sometimes help to protect other places around the world too.

This special team has three different groups that work together. Do you know what they are called?

Read through slides 7,8 and 9 explaining what each of the Services do.

THE ROYAL NAVY
The Royal Navy keeps us safe at sea. When they're out on the water, they protect other ships, watch over our beaches and guard our busy ports. The Royal Navy is made up of sailors, submarine crew, engineers, medics and many other skilled people.

THE ARMY
The British Army keeps us safe on land. They protect our homes, cities and countryside using special vehicles, equipment and skills. They work hard to keep our country peaceful and make sure everyone is safe. The Army also deliver aid and food to places where natural disasters have caused damage.

THE ROYAL AIR FORCE
The Royal Air Force fly special aircraft. They protect and patrol British skies, help people during emergencies and disasters, and work together around the world to keep peace. They also do amazing air shows where they paint the sky with colourful smoke trails.

Read slide 10 and ask the children to contribute their ideas:

- *Do you know anybody who serves in the Armed Forces?*
- *Do you know anybody who has a mum or dad in the Armed Forces?*

FORCES CHILDREN SCOTLAND

The Armed Forces help keep everyone safe, help during emergencies like floods or storms and protect our freedom. They're always there to lend a helping hand when anyone needs it, whether that's at home or anywhere else in the world!

Do you know anybody who serves in the Armed Forces?
Do you know anybody who has a mum or dad in the Armed Forces?

**In this section of the assembly you may wish to invite some speakers from your local Armed Forces community*

Slides 11-15

Life as a forces child

Read slides 11 and 12. Ask : *What are some of the positive experiences of being an armed forces child?*



Read slide 13. You may wish to stop to answer questions if anyone wishes to discuss what has been read or offer examples.



Slides 14 and 15 detail some of the challenges that armed forces children may face. This will help children understand that sometimes armed forces children might feel alone and can be misunderstood and left out by others.



Slides 16 - 18

Listening to forces children and learning about their strengths

Show slide 16. Ask : *What strengths do you think Armed Forces children have?*



Read slide 17. You may wish to stop to answer questions if anyone wishes to discuss what has been read or offer examples.



Key Learning Strengths:
 Friendly: Being friendly helps forces children to integrate into new schools and communities faster.
 Encouraging: Living with uncertainty teaches armed forces children to celebrate small achievements and progress, making them naturally encouraging of growth in others.
 Brave: Forces children develop bravery through regularly facing uncertainties like parental separation, frequent relocations and adapting to new communities which builds their resilience (or their ability to 'bounce back') and courage in challenging situations.
 Adventurous: Forces children will have experience of visiting new places and exploring new communities allowing them to experience lots of different adventures!

Supportive: Forces children develop strong supportive skills because they've experienced firsthand the power of community during challenging times.
 Adaptable: Forces children develop exceptional adaptability by constantly navigating new schools, communities, and routines with each relocation turning flexibility into a core strength.
 Positive: Forces children often develop positivity as a strength because they learn to focus on opportunities rather than challenges when facing frequent relocations, parent deployments and constant change.

Ask: *These are just some strengths, can you think of anymore?*

Show the clip of children from Colinton Primary explaining their pride and strengths of being in a forces family. Scan the QR code to access the film clip:



**You may wish to invite some armed forces children to share their lived experience if they are comfortable and happy to do so*

Slides 19 - 32

What Strengths do I have?

Display slide 20.



Ask: *Can you recognise any of these strengths in yourself? Which of these qualities do you feel you have? What strength makes you most proud, and how do you offer encouragement to yourself and others in your life?*

Slides 21 - 32

Go through each of the strength statements and ask the children to contribute any examples.



Conclude the assembly by stating:

- it is important to recognise and celebrate everyone's special strengths and talents. When we notice what make our friends special – like being brave, creative, or kind – it helps everyone feel good about themselves.
- We all have different strengths that make our team stronger. Sometimes you might be good at something that your friend finds tricky, and they might be really good at things you're still learning.
- By helping each other and being kind, we can grow and learn together. Remember, every single person has something special to share, and when we support each other, we make our whole community a happier place where everyone has the potential to succeed.

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