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| New experiences and opportunities |  | Builds resilience and mental strength |
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| Living in different places (in the UK and the world)  |  | Experiencing different cultures |
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| Treats when your Armed Forces family member returns home |  | Uniform, badges and medals – all make you feel proud |
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| Friends – new friends, having friends in different places, making more friends.  |  | Special clubs in school e.g. Little Troopers / Forces Life clubs |
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| Armed forces ... e.g. ration packs |  | Having more responsibility than civilian children |
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| Attending special military events e.g. Remembrance |  | Armed forces facilities e.g. being able to visit a base |
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| Military houses e.g. getting to live in different houses |  | Army welfare trips and events e.g. family events  |
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| Military communities e.g. living on military estates means there are lots of other children to play with |  | Sharing skills e.g. Armed Forces family member sharing skills they’ve learnt from service |

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