



Surprise those hungry ghouls and goblins with these fun Halloween pizza ideas!

Halloween Pizzas (family fresh meals)

Vampire—The vampire has black olive hair, olive eyes and pepperoni mouth and fangs.

Jack-o-Lantern— cut out pepperoni and cheese

Mr. Mummy— Cut mozzarella sticks into strips and laid them out to look like mummy bandages.

Monster—Has 3 eyes made of fresh mozzarella balls and olives, along with pepperoni fangs.

For the ghost—Cut a piece of cheese with a cookie cutter. Yay!

Don't forget the SPIDER!!! Eek—The spider was made with 1 whole olive for the head, with diced black olives for the body. Those delicious legs are bacon!

Prep time 15 mins , cook Time 15 mins, total time 30 mins

Place Halloween shapes on pizza and bake according to directions.



Fall Leaves Turkey Craft

You will need—Fall tree and bush leaves, construction paper, scissors, and glue

1. First, take a trip outside and find as many cool leaves as you wish. Flat leaves work the best, they will form the feathers of the turkey and do not glue down well if they are curled. Be sure to take a bag or bucket with you!
2. Glue down some of the leaves onto a piece of construction paper in any fashion you please, making the feathers of the turkey.
3. Take another piece of construction paper and cut out a bowling pin shaped figure for the body of the turkey. Glue it down the middle of the leaves.
4. Cut out two small circles for the eyes, a triangle for the beak, and a long skinny awkward shape for the wattle (the thing that hangs under the turkey's beak). I also cut some fork-like figures to make the feet, don't forget the eyeballs .

Make sure to get your parent's
help for all of these activities!

Military Kids are Strong, Ready, and Resilient

C L A S S E S M O P
H T I D M I Y U I E
H E B Z B E P T T L
E S R L M M P A E B
A A A E O D A B R I
R F C H D C H L A X
R U O H U O K E T E
A R B H L A C S O L
Y P P Y E I N S R F
E S S T C E J B O S

ruby
blocks
heredocs
classes
iterator
module
objects
flexible
each
happy
mutable
lambda
hash
array

Word Search!
You can find words
forwards,
backwards, and diagonal.
This one may be
challenging for some
kids, invite your
parents to get
involved!

Find the panda among the snowmen!



-Military Resilience Training- For Teens!!

**Resilience is the ability to GROW and THRIVE in the face of challenges,
and Bounce Back from adversity.**

FACT

Resilience is being able to express yourself and your emotions appropriately.

6 Core Competencies in resilience

Self-Awareness: "Take a look in the Mirror" Be aware of your thoughts, emotions, and behavior.

Self-Regulation: "Pump the Breaks"
Control impulses, emotions, and behaviors.

Optimism: The engine of resilience
Without Optimism, resilience is not possible

Mental Agility: F.A.T. Thinking
Flexible, Accurate, and Thorough thinking helps us see things from a different perspective.

Strengths of Character: What is Right with you?
It is important to know who you are when you are at your best.

Connection: Other People Matter
Building strong relationships is critical for resilience.

FACT

Resilience is knowing when to ask for help.

Goal Setting

Goal Setting facilitates resilience by giving us a process for planning to achieve our goals, which allows us to grow and thrive.

When thinking about goals, these questions should be asked.

- End State—Define your goal
- Energize—Know where you are right now
- Priorities—Decide what you need to develop
- SMART Steps

SMART

S— Specific

M—Measureable

A—Action Focused

R—Realistic

T—Time Bound

Writing a date you want to achieve your goal by gives you less time and room to procrastinate

Identify why a goal is important to you will help energize you and keep you motivated.



NGMO-FWS-F
Child & Youth Programs
2405 Logistics Rd
Jefferson City, MO 65101

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Fall into Fun! Save the Dates!

Parents keep up with us on Facebook, call, or email for event details!

Volunteers needed!

We are looking for volunteers who love to support our Military Kids and their Family members.

Contact our office at 573-638-9500 x 37729

January 22 2017

One Day Camp

Location: Ft Leonard Wood

March 11 2017

One Day Camp

Location: Springfield MO

Visit us! Moguard.com
— Youth Tab!

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Lead Child & Youth Program Coordinator

Teri Spillman

theresa.l.spillman_ctr@mail.mil

Office: 573-638-9500 ext 37729

Cell: 573-353-7491

State Family Program Director

Kay Calton

kay.calton.civ@mail.mil

Office: 573-638-9500 ext 39891

Child & Youth Program Coordinator

Roland Cousins

roland.c.cousins_ctr@mail.mil

Office: 573-638-9500 ext 37739

Cell: 573-353-7501