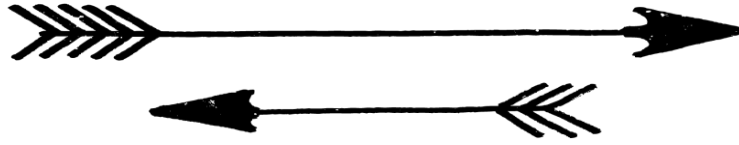


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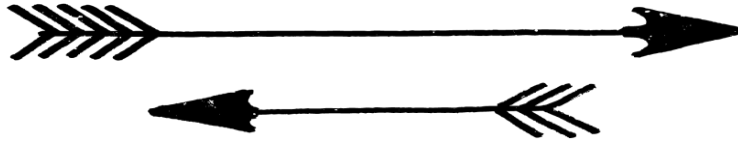


Military MOPS Do # 1 – PCS Binder

Decorate a binder with scrapbook supplies and add folders and document protectors to store forms, to do lists and important information specifically for PCS moves. Search for PCS forms online and have as many of the forms and lists already created and printed off for moms to take home in their new binders



Do



Military MOPS Do # 2 – Car Friendly Games

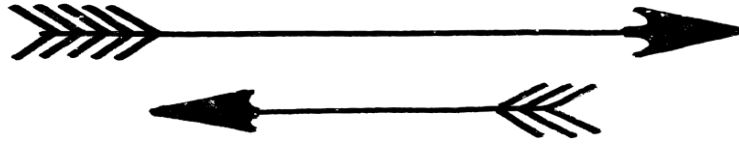
Make a variety of games for your kids to play in the car – scavenger hunts, ABC Game, Bingo, just to name a few! Search Pinterest for “Car Trip Games” to find printable games you can include in a binder or box set aside just for road trips.

A few other suggestions that are easy and inexpensive to make:

- Magnetic Puzzle: take a simple puzzle and put magnets on the back of every piece. Use a baking sheet as the “table” and put the puzzle together on the go!
- Tic Tac Toe: Draw a tic-tac-toe board in the bottom of an Altoid tin with a sharpie and put magnets on two colors of beads. (NOTE: These are small and should be just for older kids.
- I Spy: Use a 20 ounce soda or water bottle and remove the label. Fill with rice and small treasures. Glue or tape the lid securely. Include a list or pictures of the items you’ve included in the bottle. Kids move the bottle around to spy the items.

As you plan, search Pinterest for ideas, pick the ones that fit in your budget and time frame to make. You can provide binders, dividers and printables as well as scrapbook paper and other embellishments for each mom, if your budget allows.

Do



Military MOPS Do # 3 – Date Night

Supplies: 12 envelopes per mom (any size, shape or color), cardstock cut to fit in the envelopes, pens, a few date night ideas to get moms started, sheet of paper for planning, basket or folder to hold all the envelopes (if your budget allows)

How to do it:

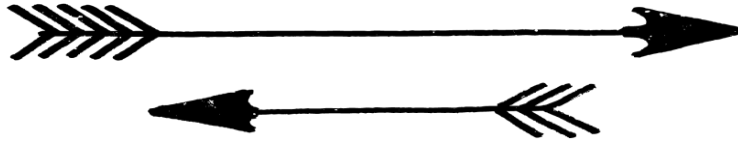
1. The point of the activity is to get moms started on planning 12 date nights. They will not be able to complete the activity in the time you have, but they can certainly get started!
2. Start with the blank sheet of paper for planning. Brainstorm date night ideas that fall into several categories: at home dates and out on the town dates. Moms can determine the price range they are interested in.
3. Label envelopes with each month of the year. On the cardstock, write the date plan – including everything necessary to complete the plan. Over the year, moms should collect everything that is necessary to complete the date – including gift cards to the restaurants, theaters, anything they can decide on and pay for ahead of time.
4. Moms can get as creative as they want with the contents of their envelope – creating elaborate pictures of the plan or just writing it out.

Some ideas could be: IMAX movie and dinner, spa date, picnic and bike ride, golf outing, dinner at a favorite restaurant, pizza and game night at home.

This activity works for moms whose husbands are currently in town (great Christmas or anniversary gift!) or those husbands who are deployed (give them a year of date nights when they return!)



Do



Military MOPS Do # 4 – Mail a Hug

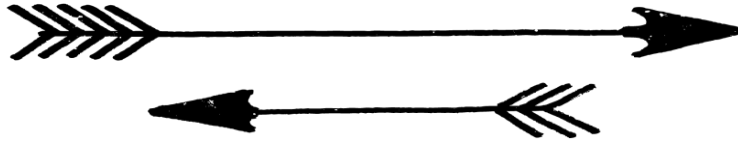
Supplies: cardstock, ribbon about 3 feet long, glue or tape, envelopes for mailing

Step by Step:

1. Provide a template of kid-sized handprints or, better yet, in MOPPETS the week before this activity, ask the MOPPETS teachers to trace each child's hands onto cardstock.
2. Cut around the edge of the hands so you have two separate hands.
3. Attach each end of the ribbon to the hands.
4. Write your child's name and date on one side of a hand and a note to grandma, daddy, or whoever you are mailing the hands to on the other side.
5. Provide large envelopes for mailing.

NOTE: these will require more postage than the average letter.

Do



Military MOPS # 5 – Care Packages

Make care packages or hospitality kits for the local hospital or to have on hand to welcome the newest member to your community. Include baby items, personal hygiene items, devotionals or inspirational cards or books plus some coloring books, stickers or small toys.

Provide a gift bag or Ziploc bag to hold all the items you collect.

Military MOPS # 6 – Scrapbook Page

Create a scrapbook page or small brag book ready for each mom to fill with photos. Consider holding a photo contest following this meeting, asking moms to share her favorite photos!