

WHAT MAKES YOU - YOU?

# COMPOSE YOUR CADENCE CALL

- A positivity boosting activity for military-connected youth and children, in honor of **Month of the Military Child**

My name is

I am

years old.

*Answer each question with an adjective.*

What is your favorite character trait about yourself?

I am

What is a characteristic that makes you unique?

I am

How do/does your parent/s describe you?

I am

How do your friends describe you?

I am

*Read the sentences.*

What branch of the military do/does your parent/s serve in?  
(Army, Air Force, Coast Guard, Marine Corps, Navy, Space Force, Reserves)

Write the answer here.

I am strong.

I am brave.

I am resilient.

I am a military child!

Yeah!

Sound-off! One, two!

Sound-off! Three, four!

Bring it on down.

child!