



THROUGH OUR EYES  
**HOMEFRONT**  
FAMILY JOURNAL

# Dear Family,



This episode from the documentary series, *Through Our Eyes*, is dedicated to our military families. “Homefront” enlightens us all to the importance of two wonderful words: *hope* and *healing*. This journal celebrates how families work together to help each other every day. Watch “Homefront” together and use this journal to explore your ideas, questions, and thoughts about how our families go through changes and challenges together.

## Meet the Children



**Gabby** lives with her mom, her dad, and her little sister, Ava. She spends time taking care of her animals... chickens, a rabbit, and three turtles, to name a few! She also loves making pancakes for family breakfast on Sundays. She is thoughtful about talking through all her feelings and finding ways to help herself.

“I feel like I just have to step away from the world. So, sometimes I go in my room to get some peace and quiet. Sometimes I write in a journal. But most of the time I sit in my room and just think.”

– Gabby, 9 years old



**Terry** plays soccer with a year-round team and loves to throw around the football with his dad and older brother, Indie. When his mom feels sick or is hurting, Terry goes to his dad or his brother for support to talk about how he’s feeling.

“You need to talk to somebody or you’re not going to be able to express your feelings. You’re going to have to keep it inside and bundled up. And I don’t think that’s a good thing.”

– Terry, 10 years old



**Luther** lives with his mom, dad, and three sisters. He has fun riding four-wheelers with his sister, Abby, and loves playing board games with the whole family. He thinks of his dad as a superhero!

“I would describe my dad as a helpful person. And I would describe what he did in the military very VERY helpful.”

– Luther, 9 years old

# Family Viewing Tips

As possible, watch this video before sharing it with your child so that you can prepare for questions your child may have. As you watch, jot down ways in which your children and family are the same as those in the stories. Ideas could include:

- Family qualities such as love, hope, care, strength, and humor
- Special activities that your family does together, e.g., making dinner, reading together, beekeeping, and playing catch
- Family well-being, such as making time to talk about feelings, sharing stories about challenges, and asking for support

Finding commonalities helps children see the strength in all families, especially those who are facing and going through challenges.

## before

### A family of hope and healing.

There will be times when a family member, including a parent, needs extra support and care. These times can mean adjustments as well as additions to our everyday routines. Talk with your child about their meaning of hope. Reassure them that families may face times that are challenging, and that your family, like the ones in the episode, is filled with love, safety, home, and healthy well-being.

## during

### Follow your child's lead.

Your child's sense of care and empathy may come forward a bit more as they watch and relate to the children and families in the video. Pause the viewing to check in. How is your child feeling? Should you continue the viewing or take a break? Following your child's lead gives you the opportunity to model the importance of listening and sharing. See the "Questions Kids Ask" list on the next page for additional support.

## after

### Celebrate deepening family bonds.

Times of need can bring about new connections and bonds within a family. One way to begin is by sharing what you love about being a family. Begin by talking about what you love about being a parent or caregiver. Healing is a journey that takes time, support, and a lot of sharing. When ready, think about ways to put family self-care into action!

# Questions Kids Ask

Children are very perceptive. They may not yet be able to understand what they see happening around them, however, they can sense when someone they care about is struggling. Deciding when to have these courageous conversations can be planned according to your own comfort level and should follow your child's lead. These conversations can take place before, as you watch the video, or later during everyday moments such as taking a walk in nature. As always, continue to model how talking helps us use our words to share how we feel about what is happening. Sharing can help us feel better.

## **What does PTSD mean?**

*PTSD stands for post-traumatic stress disorder. Someone who is experiencing PTSD has had something very upsetting and traumatic happen to them. This upsetting event may bring the person physical, emotional, and mental health pain. When one family member is experiencing PTSD, everyone in the family feels the effects. Families love each other and grown-ups work together to help the family member with PTSD. (Please note: What you share with your child depends on your and your family's situation and your child's level of understanding. Share your own circumstance when you and your child are ready.)*

## **Do all people who go into the military get wounded?**

*The military is made up of people who work very hard to keep our family and our country safe and to help people in need around the world. These service members are part of something called the armed forces, and they include soldiers, sailors, pilots, and many others. There are times when some of these brave people get injured and wounded. Some of these brave people may never get wounded. They are all highly trained and educated to keep us and themselves safe from harm.*

## **How can we help?**

*That's a very kind thing to ask. Let's think together about what we can do for the people who serve in the military, the Veterans, and their families. Perhaps it's volunteering our time to a community organization that provides services to families, or perhaps we can do a kind act like inviting our military neighbors to one of our community's events. In what other ways can we be kind and helpful neighbors to those who serve?*



These are your drawing and writing pages! Share your ideas, questions, and how you can show love and care for your family and yourself.



# MY JOURNAL: HOMEFRONT

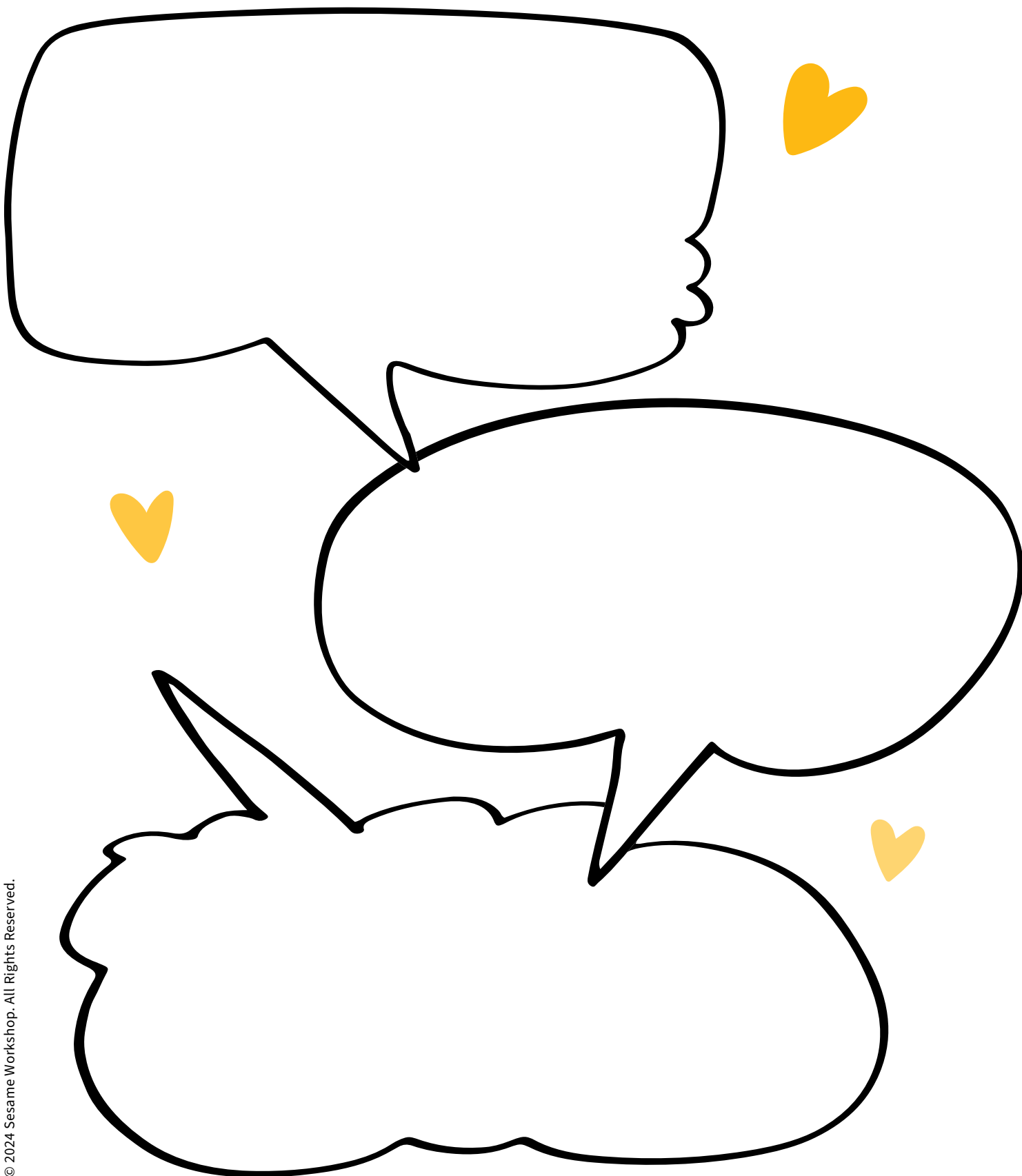


car·ing: **Caring** is feeling and showing concern for others by being kind and helpful.

We all have superpowers like love and kindness.  
Draw a picture of or write a story about yourself  
using your superpower.

# My Superpower!

What would you like to ask Terry, Gabby, and Luther?  
What would you say to them if you were to meet them?




The page features three large, empty speech bubbles for writing. The top bubble is rectangular with rounded corners and a small tail pointing towards the bottom-left. The middle bubble is oval-shaped with a tail pointing towards the top-left. The bottom bubble is cloud-shaped with a tail pointing towards the top-right. Three yellow hearts are scattered around the bubbles: one to the right of the top bubble, one to the left of the middle bubble, and one to the right of the bottom bubble.



# We're a TEAM!

Draw or write about the ways you and your family work as a T.E.A.M.!

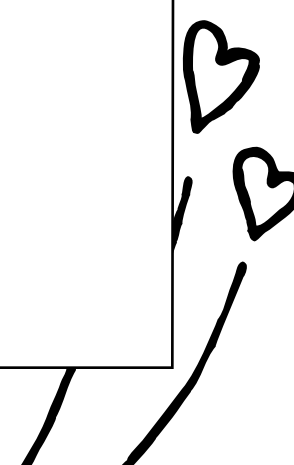


**T** is for **talk**. What are topics you want to talk about?

**E** is for **encourage**. How can you encourage someone in your family, including yourself?

**A** is for **appreciate**. What do you appreciate about your family? What do you appreciate about yourself?

**M** is for **motivate**. What is one thing you can do to motivate and support your family?





# About Homefront

As of the publication of this Family Journal, there are over 5.5 million wounded veterans in the United States who require a caregiver. Of those, 3.4 million have a child living in the household. Gabby, Terry, and Luther have parents who were injured while serving in the military. “Homefront” shares the stories of these remarkable children as each family goes on their unique journey towards collective healing.

For more information and  
resources, please scan this  
QR code:



**About Sesame Workshop.** Sesame Workshop is the global impact nonprofit behind *Sesame Street* and so much more. For over 50 years, we have worked at the intersection of education, media, and research, creating joyful experiences that enrich minds and expand hearts, all in service of empowering each generation to build a better world. Our beloved characters, iconic shows, outreach in communities, and more bring playful early learning to families in more than 150 countries and advance our mission to help children everywhere grow smarter, stronger, and kinder.

**About Shine Global.** Shine Global is a non-profit media company that improves children’s lives by telling powerful stories that raise awareness, promote action, and inspire change. They produce inspiring films and compelling content about underserved children. Through tailored distribution and outreach, they connect with their audiences in communities, classrooms, museums, and on Capitol Hill as part of a powerful engagement campaign to encourage social change.

**About the Director.** Kristi Jacobson is an Emmy Award-winning director and producer of non-fiction features, series, and shorts. Her film, *Solitary* (HBO) was nominated for two Emmys, winning the Emmy Award for Outstanding Investigative Documentary as well as Independent Spirit’s Truer than Fiction Award and Cinema Eye Honors nominee. *A Place at the Table* premiered at the Sundance Film Festival before its release by Magnolia Pictures in over 25 cities, earning a PGA Best Documentary nomination and recipient of the IDA Pare Lorentz Fund. Earlier films include the critically acclaimed *Toots*, named National Board of Review’s Top 5 Documentaries and New York Times Critics’ Pick, and her debut film *American Standoff* (HBO) which premiered at the Sundance Film Festival.

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