Read: Pilot Mom

As you read, pause to discuss the different emotions and thoughts Jenny has regarding her mother’s departure.

How does the media influence Jenny’s thoughts?
What ‘routine’ is mentioned here? How do routines make us feel safe?
Jenny imagines her mother ‘cold and alone’. How do you think this thought makes her feel?
Do you have a lucky charm? What is it? How does having it make you feel?

Jenny wonders if her mother thinks about her. Do you ever wonder if your parent/s think about you?
Does understanding the importance of the mission help Jenny feel less afraid? Why?

**Role play an emergency landing**

How does Jenny feel about her mother’s service?
Jenny understands that this training prepares her mother for war. How does this make her feel? How would you feel?
Even though Jenny sees the precautions her mother takes before flying she is still afraid. How does her mother make her feel better?
Even though she knows it’s for a short time, Jenny doesn’t want her mother to leave. How do you feel when your parent/s have to leave?
Do you ever wonder if you are important to your parent/s? How do they show that you are?

Jenny inhales her mother’s scent as they hug. What do your parents smell like? What smells that cause you to remember specific things?
Jenny finds it within herself to encourage her mother in her mission. Why do you think she did that? How does encouraging others help you?

Activity: Contact your local Air National Guard. Request a visit from a pilot (preferably one who has deployed and has children). Interview the pilot about his/her experiences. Write letters of encouragement to children of Air National Guard service members and give them to the pilot to take back to the Wing.