



Magic Wand

Step-by-Step Instructions:

1. Ask the group what the movies *Harry Potter*, *The Illusionist*, *Lord of the Rings*, *The Sorcerer's Apprentice*, and *Sleeping Beauty* have in common. As they will probably guess, the answer is magic. Explain that in these movies, and many other fantasy-type movies, characters through magic are able to do or become things that they once only dreamed of. (Feel free to draw upon some of the examples from these movies or others you may know).
2. Tell the participants that today is their lucky day! Show them all that you have a magic wand, and say that they will have a chance to voice their wish. With wand in hand, participants can wave the magic wand and say what they would change if they could change one thing about their experience in a National Guard household.
3. Have the group stand in a circle. Pass the wand around the room, asking participants to wave the wand and pronounce the new change that they would like to see. Encourage them to think really big — after all, this is a fantasy, like in the movies! They can choose anything they want. (Participants might give answers that have to do with their financial situation, their home, their job, the military, the weather, or political or world situations.)
4. Once everyone has had a turn, thank them for sharing. Explain that as they return to their seats, they are returning to reality. Describe that we can all identify situations in our lives that we wish we could wave a wand and see the changes that we want; however, we all know that it is usually not that easy!
5. Explain that even without a wand, as a part of the National Guard family, they do have many resources available to help make their families strong and successful.

Group Size: All

Time Needed: 20 minutes

Goal: To empower participants to access the resources available to them as National Guard members and families

Audience: National Guard couples, members (without the family member) or spouses (without the Service member) during any phase of the deployment cycle

Special Considerations: In preparation for this module, you will need to research some of the basic information to fill in the blanks on resources 1-3 on the *National Guard Resource Sheet*. Read *National Guard Resource List* to prepare.

Resources Needed:

- ✓ A toy magic wand (or some other prop that can be used as one)
- ✓ A copy of the *National Guard Resource Sheet* for each participant (If you have access to an Internet-capable computer and projector, your lesson can be enhanced)
- ✓ A copy of the *National Guard Resource List* for facilitator

6. Ask participants what has been the most helpful resource for their family. Encourage participants to exchange ideas, pointing out that other National Guard families can be a major part of a support network.
7. Hand each participant a copy of the *National Guard Resource Sheet*. Tell them that this sheet lists additional resources that might help them as they make changes personally and as a family.
8. Walk the group through the *National Guard Resource List*. Go through the numbers and/or websites as appropriate. Include additional local, specific names and contact information, as available. If you have a computer with Internet capability and can project it on a screen, visit some of the websites listed, and point out some of the features.

Process:

Remind the participants that only in a fantasy movie do we see the instant change that comes from the wave of a magic wand. However, the next best thing is to have resources at your fingertips that can help create the changes and opportunities you need in your life. These five basic resources really can open up their world – even without a wand!

Conclude:

Encourage the participants to circle at least two of the resources that they will use in the upcoming week. Have them think about the thing they most wanted to change in their lives (maybe even the thing they waved their wand for) and identify which of these resources could be a starting point to see that change happen.