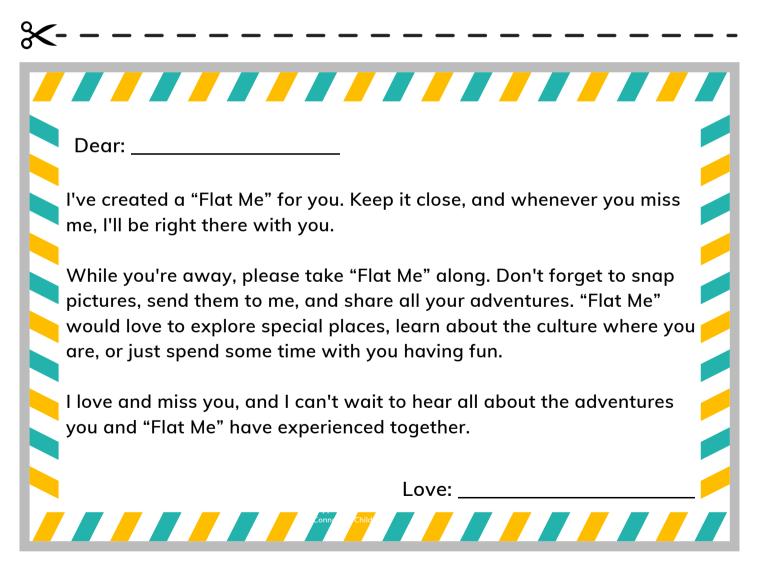
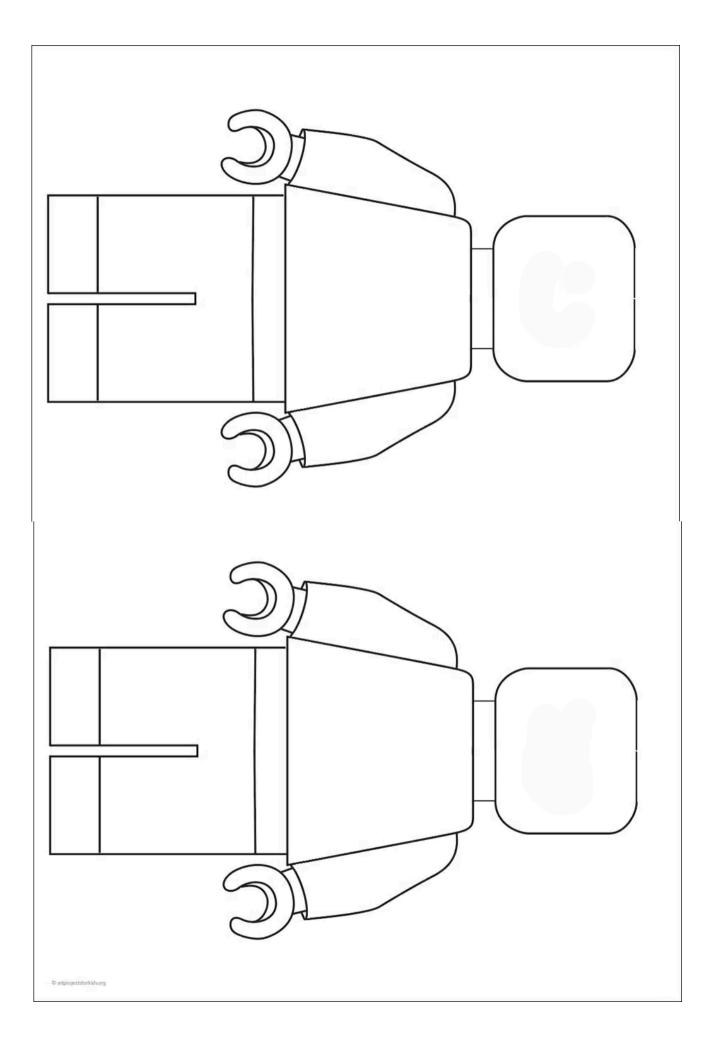


FLAT ME

"Flat Me" is an excellent way to stay connected with your loved one during deployment. Each child can design a flat version of themselves to pack in their loved one's suitcase or mail to them while they are gone! Have the member take "Flat Me" on adventures and snap pictures of where they are and what they are up to! The member could also design a flat version of themselves before deployment and have their child do the same.

To make a flat me, print and cut out the letter and flat me. Colour in the flat me, design the face and head. Please see the last page for a few hair options that can be cut out and glued!





























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