

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!



Dear: _____

I've created a “Flat Me” for you. Keep it close, and whenever you miss me, I'll be right there with you.

While you're away, please take “Flat Me” along. Don't forget to snap pictures, send them to me, and share all your adventures. “Flat Me” would love to explore special places, learn about the culture where you are, or just spend some time with you having fun.

I love and miss you, and I can't wait to hear all about the adventures you and “Flat Me” have experienced together.

Love: _____

Conn Child



