

LEARNING ACTIVITY 1

PSTD & Mental Health – Combat Stories

Students are asked to work with veterans' testimonies of their own combat experience. **Learning Resource 1a** combines the voices of veterans with students from St. Thomas More Language College; the students take on the role of the veterans and speak their exact words

1. Listen to only 2 or 3 testimonies per session and analyse in small groups.

- a) Listen to Brian (with student Sebastiano)
- b) Listen to Dean (with student Vent)
- c) Listen to Julian (with student Daniel)
- d) Listen to Colin (with student Sonny)
- e) Listen to Shawn (with student Vent)

2. Class discussion

What are your first impressions on hearing (the veteran's) interview? What are the images or elements of his interview that stand out for you and why? How do you think he is feeling when he shares his experience?

3. Using 1 of the testimonies above, students can create either a storyboard for a cartoon or film or write a poem or song. To help with the process think about:

What are the key images that you feel are most striking about the veteran's experience ?
What is the most striking thing they say themselves about their experience?

You can find information about the conflicts referred to in these stories on the National Army Museum website:

<https://www.nam.ac.uk/explore/british-army-and-falklands-war>

<https://www.nam.ac.uk/explore/troubles-1969-2007>

<https://www.nam.ac.uk/explore/war-afghanistan>