

MONUMENTAL CANADIANS LESSON PLANS & STUDENT ACTIVITIES

Master Corporal Jody Mitic & Sergeant Alannah Gilmore:  
Force Multipliers



**NAME:** Jody Mitic, Alannah Gilmore

**BORN:** NA

**DECEASED:** NA

**EPIC BATTLE:** Afghanistan

**RANK:** Master Corporal; Sergeant

**HONOURS:** Sacrifice Medal (Mitic)

Sniper Jody Mitic & medic Alannah Gilmore were brought together by chance in the midst of war and disaster during a tour in Afghanistan. What makes them special is their resiliency and commitment to service, despite hardship and personal tragedy. They teach us that growth can come out of adversity, we all need support, that there are many ways to serve, and that a life's course can change in an instant.

**LESSON OUTCOMES:**

- Draw inspiration from the story of Jody Mitic & Alannah Gilmore
- Practice communication skills
- Improve short term memory and observation skills (KIMS game)

**ACTIVITY:**

1. Watch Valour Canada's Monumental Canadians Jody Mitic & Alannah Gilmore video clip with students. Stop the video as needed to address difficult vocabulary, concepts and answer questions. Consider watching it again, uninterrupted.
2. Using the suggested prompts below, discuss the story of Jody Mitic & Alannah Gilmore.
3. Play the Keep in Mind (KIMS) game with students



*"By losing my legs, I gained a life I never imagined."*

-Jody Mitic

**Objectives:**

*Our Intention is to educate Canadian Citizens so that they:*

- » *Appreciate the role of our military heritage in protecting Canadian interests, values and beliefs.*
- » *Understand the role our military history has had in shaping our country and the world.*
- » *Are inspired to be engaged and well-informed participatory citizens of Canada.*

**Intended Student Body:**  
Intermediate Grades

**RESOURCES REQUIRED:**

- Jody Mitic & Alannah Gilmore video clip:  
<http://valourcanada.ca/video-documentaries/jody-mitic-and-alannah-gilmore/> (12 minutes)
- KIMS game resources:
  - ~10 physical items
  - Paper and pencils



*“Perpetual optimism is a force multiplier. It costs nothing to give, is priceless and has the power to transform people instantly. Jody Mitic is a shining example of how perpetual optimism works, of how one person’s resolute determination spreads hope far and wide – because if he could pick himself up and begin anew after becoming a casualty of war, there’s hope for all of us as we face life’s challenges.”*

*-Rick Hillier, former Canadian Chief of Defense Staff in Unflinching*

## DISCUSSION PROMPTS

1. What can we learn from the story of Jody Mitic & Alannah Gilmore?
2. A force multiplier: someone or something that increases a mission’s chance of success. What about Jody Mitic & Alannah Gilmore makes them force multipliers?
3. In the video Jody says, “Service is where you put others above yourself...you don’t do it to get rich. You don’t soldier to get rich...you don’t do politics to get rich. Through service you get rich. It makes you a better person and it makes your life worth living.” How do you/could you serve the people around you, your community, your country and/or your world?

## KEEP IN MIND GAME (KIMS Game, from *Unflinching* by Jody Mitic)

**GIVE IT A TRY!**

“Most of a sniper’s time is spent...on observation and information gathering, being the eyes and ears of the battle zone. If a vehicle drives by, a civilian might say, “A black car passed by at 12:33 p.m.” But a sniper would be expected to observe more deeply. Did it have a dent in the bumper? What was the license plate? Who was the driver? Were there passengers? This particular skill came in very handy later on when I was in Kabul. It wasn’t good enough there to say “I saw a yellow-and-white Toyota Tercel on the road.” There were hundreds of yellow-and-white Toyota Tercels. We were trained to spot minute detail that would identify a specific car, its driver and its passengers. And we learned to do that in a matter of seconds.

To train for this, in sniper school we often did an exercise called the KIMS—or Keep in Mind—game. Ten items would be put on a table and we’d have sixty seconds to look at them all and try to remember as much about them as we could...As we got better [at it], the game got bigger, moving from objects on a table to objects in a room, then to a field with objects hidden throughout it...We’d scan right to left, rather than left to right, because we scan more slowly when we do it the opposite way we read...We got so addicted to these exercises that we started doing this to each other as a joke when we weren’t even in class. A buddy would walk into a room and I’d close the door behind him and ask, “What was in the hallway?”

“What?”

“KIMS game. Fast. What did you see?”

“Oh! Uh...Red fire extinguisher, halfway up the far wall. A flyer for the pub next door that said ‘Wing Night Wednesday.’ Fluorescent lights overhead, one bulb out. Uh, grey carpet, worn right at the door with a piece of old gum stuck close to the threshold.” We got sharper and sharper the more we played.”

*“We can all reinvent and reimagine ourselves, no matter what calamity has befallen us.”*

*-Jody Mitic, Unflinching*

