

ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

This compilation of resources was published each week from 3/20/2020 to 6/12/2020 and now will be published every other week to support youth and families through what can be a challenging time. Family and Youth Coordinators for Ohio National Guard Family Readiness will bring you a collection of ideas to help keep everyone engaged and growing during this bonus family time. Our goal is that out of the suggestions shared, your family will find activities that will work best for you and the age of your children. Please remember that what works for one family may not be ideal for each family's situation - and that is perfectly fine.

The Ohio National Guard Family Readiness & Warrior Support is committed to supporting you and your family. We will send ideas and resources that should be easy for parents to use at home. Wherever possible, we have included an online reference so that you can readily find the instructions and list of needed supplies.

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ARMY NATIONAL GUARD

Army National Guard: Child & Youth Services

The mission of Army National Guard (ARNG) Child & Youth Services (CYS) is to promote and sustain the quality of life and resilience of Army National Guard dependent children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs. The goals of ARNG CYs are:

Education: Providing developmentally-appropriate life skills education to National Guard youth.

Access: Providing information on access to Federal and State/Territory benefits that support National Guard children and Families, including: counseling, education, child care, and other resources needed to foster a healthy, stable and secure family environment.

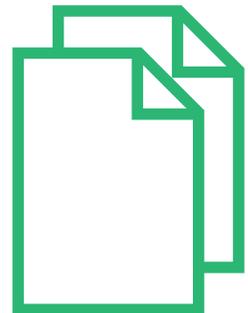


Opportunity: Creating partnerships for opportunities to participate in programs, events, and activities geared toward the behavioral and physical health and welfare of children and youth that are available across the spectrum of Government, community, and private sector.

Communication: Building a sense of belonging to the Army National Guard Community by creating secure opportunities to network with other youth, parents/legal guardians, and ARNG CYs Coordinators in one's community, state/territory, and across the nation.

Resilience: Infusing resiliency and leadership skills and techniques into all Army National Guard child and youth programming.

Outreach: Building and sustaining contact with parents/legal guardians, and children of the National Guard in order to create awareness of available support services and programs, while being mindful of age, location, military and civilian mindsets.



Please visit <https://arngcys.com/> or download the 'ARNG CYs' mobile app to learn about resources and to see the tremendous work being done by ARNG CYs Youth Coordinators throughout the nation.

CFAES

OHIO STATE UNIVERSITY EXTENSION

Polar 4-H SPIN Club July 27-31

**11 a.m. to noon Monday – Friday, in addition to
1 to 2 p.m. Tuesday, Wednesday and Thursday**

Grades 6-8

See the Arctic and Antarctica through the eyes of real polar scientists who will share their experiences and research with you through engaging activities. Learn about Earth's frozen landscape and become a polar scientist yourself in this exciting new 4-H SPIN Club offered via Zoom! The program will be held in the mornings Monday through Friday, and again in the afternoons on Tuesday, Wednesday and Thursday. Space is limited and special considerations apply. The program is offered jointly by OSU Extension, Franklin County; the Byrd Polar and Climate Research Center, and collaborators at Rutgers University. This work is supported by the National Science Foundation under grant number 1906929.



Register online at:

go.osu.edu/polar20



4-H SPIN
Ohio 4-H SPeCial Interest Clubs



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of publication, visit cfaes.osu.edu/accessibility.

EDUCATIONAL RESOURCES

The Ultimate STEM Guide for Kids

It's never too early to encourage kids and teens to pursue education and activities in science, technology, engineering and mathematics (STEM). It's important to set future generations up for success as careers in these fields continue to grow. According to the Bureau of Labor Statistics (BLS), there will be 10,567 STEM professionals in the workforce by 2028.



This guide features summer camps, websites, competitions, apps, and career resources for students in elementary school to high school. The gender gap is slowly shrinking in these fields as more initiatives crop up, including organizations such as Girls Who Code, but since women are still vastly underrepresented, we've included STEM activities specifically for girls and young women.

We hope this guide inspires kids and teens to use their problem solving skills to find answers to impossible challenges and help shape a better future.

<https://www.mastersindatascience.org/blog/the-ultimate-stem-guide-for-kids>

MENTAL HEALTH

GoZen: Anxiety Relief for Children

This is a must-see masterclass for anyone looking to help their child or teen with anxiety, stress, overwhelm, negative thinking, or anger. Parents are finding these skill especially helpful during this unprecedented and challenging time, and it's 100% FREE! During this one hour masterclass, you and your child/children can learn more about:

- Essential Skills for helping kids with stress & anxiety so they can respond with composure to the changes surrounding lockdowns, school closures, and social distancing
- How to Avoid Backfires so you can be encouraging to your kids when helping them process what is happening in their community with COVID-19
- Focusing on the WHY of negative emotions and anxiety so you AND your kids can experience breakthroughs in stress management while staying at home for a season



<https://gozen.com/masterclass>

Mental Games

Mental Games are a resiliency skill that take our minds off of unhelpful thoughts and help us focus better on the task at hand. We can use mental games when our thoughts roam and we need to give our minds a break so our emotions can quiet down. Mental games are quick, fun and challenging games that lower our anxiety and promote positive emotion.



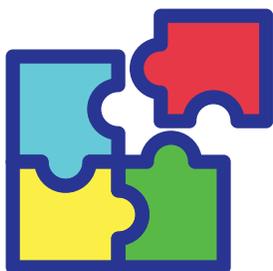
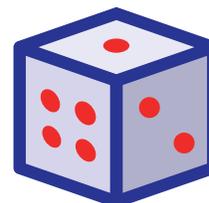
Mental games can include (but are not limited to): Rubik's cube, music trivia, tumbling towers, reciting upbeat song lyrics, brain teasers, Sudoku, stacking playing cards, domino lines, alphabet games, and math games.

Above are suggestions of mental games. We encourage you to choose or create games that fit your interest, which will help you practice the skill successfully. Additionally, when selecting or creating a game, please remember the following:

1. The game must require your FULL ATTENTION.
2. The game must be CHALLENGING and FUN.
3. The game must be done in a FEW MINUTES because there is still a task at hand.

There are several benefits to engaging in mental games:

- Stop unhelpful thoughts
- Helps balance emotions and impulses
- Helps express emotions appropriately



ACTIVITIES

Playworks: Play at Home

Play is more important than ever right now. Kids need play to stay active and engaged with one another, and to support families and teachers. Playworks want to share their expertise to help keep kids engaged in play during this time.

Find resources at the following link <https://www.playworks.org/> and share your own game ideas using #PlayAtHome and #PlayworksAtHome. The games in the Play at Home Playbook can be played anywhere so that children can play in any space safely and in accordance with all CDC guidelines to help prevent the spread of coronavirus.



GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



<https://childhood101.com/yoga-for-kids-a-walk-through-the-garden>