

# 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.

## Resources included in Edition 15:

Educational Resources (page 2)

National Day Of... (page 3)

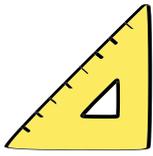
Self-care (pages 4, 5)

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# EDUCATIONAL RESOURCES



## **Military Child Education Coalition:** Free Resources for Veteran families

The summer months have always been a productive time to catch up on reading and resources in preparation for the upcoming school year. This year, in particular, when so many of our lives have been upended, using the summer months to reset plans and expectations is vital, particularly for military and Veteran families.

<https://www.blogs.va.gov/VAntage/76115/military-child-education-coalition-free-resources-veteran-families/>

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Military Child Education Coalition (MCEC) has a number of free-of-charge online tools that can assist and encourage students, parents, and educators:

- **SchoolQuest** - The new SchoolQuest interactive tool supports military and Veteran families' middle and high school students as they navigate the academic school year. The tool tracks academic progress, securely stores student profiles, and hosts checklists, reminders, and notifications for each step through graduation.
- **For the Sake of the Child Parent** - For the Sake of the Child Parent webinars and podcasts are two easily accessible series. Both address a variety of topics that assist parents in becoming their own children's best advocates. 
- **COVID-19 Supportive Resource and Content** - The COVID-19 Supportive Resource and Content (for parents and kids) is a curated list of social, emotional, and academic resources for families during this trying time. This site includes links to the Navigating Change webinars that were produced in response to the COVID-19 school closures.
- **TedEd - The TedEd Lessons, Professional Learning Community** – Military Kids: A Constellation of Strengths and Challenges, designed originally for education professionals to better understand military and Veteran students, provide great information for Veteran-connected parents as well.
- **Leaving the Military** - For students whose families are leaving the military, here's a set of three short videos that speak directly to those challenges called "Students Look at their Parents Leaving the Military."
- **Call for the Arts** - Call for the Arts (CFA) is an annual MCEC program that encourages students to submit artwork that expresses their lives as military/Veteran-connected children. All forms of visual art, creative writing, and performance art are welcome! There are cash prizes and the opportunity to have the works highlighted at MCEC events. While the 2020 deadline was the first of July, these summer months are a good time to prepare for the 2021 CFA.   
(Submission deadlines will be announced at a later date.)



## July 2020

- |                                |                                 |                                      |
|--------------------------------|---------------------------------|--------------------------------------|
| 1 - International Joke Day     | 12 - Different Colored Eyes Day | 22 - Hammock Day                     |
| 2 - World UFO Day              | 13 - Embrace Your Geekness Day  | 24 - Amelia Earhart Day              |
| 3 - Compliment Your Mirror Day | 14 - Shark Awareness Day        | 25 - National Chili Dog Day          |
| 4 - Independence Day           | 15 - National Hot Dog Day       | 26 - Aunt and Uncle Day              |
| 6 - International Kissing Day  | 17 - World Emoji Day            | 26 - Parent's Day                    |
| 7 - Chocolate Day              | 19 - National Ice Cream Day     | 28 - National Milk Chocolate Day     |
| 8 - National Blueberry Day     | 20 - Moon Day                   | 29 - International Tiger Day         |
| 10 - Teddy Bear Picnic Day     | 21 - National Junk Food Day     | 30 - International Day of Friendship |

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			1 Int. Joke Day	2 World UFO Day	3	4 
5	6 	7 Chocolate Day	8 	9	10 Teddy Bear Picnic Day	11
12 	13	14 	15 Ntl. Hot Dog Day	16	17 	18 Embrace Your Geekness Day
19 	20 Moon Day	21	22 Hammock Day	23	24 Amelia Earhart Day	25
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# SELF-CARE

## Physical Self-Care

Did you know that being inactive and spending too much time in front of a screen watching television, playing computer video games, talking, or typing on your phone can increase your risk of heart disease, high cholesterol, high blood pressure, obesity, and diabetes? Too much screen time can also have a negative effect on your muscle and bone development, your posture, neck alignment, eye function, and overall self-esteem and confidence.

One of the more unique ways to get kids up and moving is to have them engage in a Fitness Scavenger Hunt. Have them time themselves to see how quickly they can accomplish the tasks below, or let them challenge a friend or sibling to do the same. Hint for parents...you could even involve “chores” in this scavenger hunt.

Find a piece of mail

Touch every doorknob in the house

Find 3 red things in the house

Bring two favorite items to the kitchen

Touch a plant (real or fake)

Touch the laundry detergent

Walk to the front door and then the back door

Give your parents or sibling(s) a hug

Walk around the outside of your home or backyard

Do 20 jumping jacks in the living room

Count the windows in your home

Count how many trash cans are in your home

Find something that makes you happy

Find an item that begins with the same letter as your name

Find an item that begins with the same letter of your last name

Touch 3 light switches

Make your bed

Pick up all the items on your bedroom floor

Find something that smells good

Touch every piece of furniture in a given room

Locate a toy you haven't played with in a while



# SELF-CARE CONTINUED

## Guide to Mindfulness

Encourage your kids and the entire family to pay more attention to their emotional and mental well-being. These wellness activities, from the 4 H Inspire Kids to Do™ Healthy Living Activity Guide, are great ways to help inspire your kids how to be more aware of how they are feeling in any situation.

- **Don't Worry Journal** - Kids feeling uncomfortable about a test, a performance, or a tough conversation is part of life. Encourage your kid to create a worry journal to help alleviate daily anxieties.
- **Breathe into Mindfulness** - Being aware of your breathing is an essential part of mindfulness, which can help keep kids relaxed in difficult moments and reduce stress in school or other parts of their lives.
- **Daily Intention** – Help kids reduce daily stress with intention setting. Intention setting allows them to be mindful of their mental, emotional, and physical selves.



To learn more about these exercises and strategies, please visit <https://4-h.org/about/blog/inspire-kids-to-do-kids-guide-to-mindfulness/>

## NATIONAL MONTH OF...

### July is National Park and Recreation Month

National Park and Recreation Month is a time to promote the benefits of healthy, vibrant communities. Americans have celebrated National Park & Recreation Month during July since 1985. It encourages people to explore local parks and enjoy outdoor activities. Parks play an important role in environmental health by cleaning water, preserving wildlife, and offering refuge to humans and animals throughout the seasons. Celebrate National Park & Recreation Month by visiting a new park near you!

- Find a park: [www.nps.gov/findapark/index.htm](http://www.nps.gov/findapark/index.htm)
- Discover The Forest: <https://discovertheforest.org/>
- Download a toolkit: [www.nrpa.org/events/july/toolkit/](http://www.nrpa.org/events/july/toolkit/)
- Power-Of-Parks-Infographic: <http://bit.ly/1U6xPhw>





# Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |                                                       |                                                                    |
|-------------------------------------------------------|--------------------------------------------------------------------|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups                                            |

<https://www.730sagestreet.com/spell-your-name-workout/>

# PARENT/GUARDIAN RESOURCES

## **An Activity Book for African American Families:** Helping Children Cope with Crisis

This 94-page activity book, geared toward African American families and communities, is from the National Institute of Child Health and Human Development and the National Black Child Development Institute (2003). It describes ways to help children cope with crisis and describes activities that can help children to handle their emotions and to communicate using their creativity. It is available as a downloadable PDF at <https://www.nichd.nih.gov/publications/product/390>

## **10 Quick Ways to Analyze Children’s Books for Racism and Sexism**

University of Arizona College of Education adapted and updated these 10 guidelines from the Council on Interracial Books for Children. The guidelines are designed based on the premise that a child can be shown how to detect racism and sexism in a book, and then the child can proceed to transfer the perception to wider areas.



<https://wowlit.org/links/evaluating-global-literature/10-quick-ways-to-analyze-childrens-books-for-racism-and-sexism/>

## **How White Parents Can Talk to Their Kids About Race**

A 6/4/2020 NPR interview by Michel Martin, weekend host of All Things Considered, spoke with Jennifer Harvey, author of *Raising White Kids: Bringing Up Children in a Racially Unjust America*.

<https://www.npr.org/2020/06/03/869071246/how-white-parents-can-talk-to-their-kids-about-race>

## **Talking to Children About Racial Bias**



The American Academy of Pediatrics provides information for parents to better face today’s challenges by having an understanding of how racial bias works in children, as well as strategies to help them deal with and react to racial differences.

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>