

ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

This compilation of resources will be published each 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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PURPLE STAR AWARD



In the summer of 2016, the Ohio Department of Education held two focus groups to discuss the best ways that schools could show their commitment to military connected youth/students and their families. In attendance were educators, counselors, administrators, military families, community leaders, the Ohio Department of Veteran Services, members of the Military Interstate Children's Compact Commission (MIC3), and the Ohio National Guard.

Out of those two focus groups came the Purple Star Award, which is given by the Ohio Department of Education to schools who go above and beyond to support Military Connected Students and their families. On April 25, 2017, the Purple Star Award was announced to the public at the National Museum of the U.S. Air Force.

In the fall of 2017, the first eight Purple Star Schools were announced. Three years later, there are now 288+ Purple Star Schools in the State of Ohio. The Purple Star Award is good for three years and has to be renewed in the fourth year. In order to be designated as a Purple Star School, the school has to apply and follow the requirements in the application.

The requirements, application, and the list of Purple Star Schools can be found on the Ohio Department of Education website. The Purple Star Award has expanded beyond the borders of Ohio and has been adopted by nine other states, with another five states currently working on adopting it.

For more information about the Purple Star Award, contact:

Kim Hettel – Ohio Department of Education, Kimberly.Hettel@education.ohio.gov

Chip Merkle – Ohio National Guard Youth Program, william.j.merkle5.ctr@mail.mil

Pete LuPiba – Ohio MIC3 Commissioner, Pete.Lupiba@obm.ohio.gov

MILITARY SUPPORT

Anchored4Life

The purpose of Anchored4Life is to deliver high-quality transition and resiliency support for the youth of our military service members. Over the next five months, A4L trainers will conduct 45-minute interactive webinars over the following topics: fear, bullying, homework, reintegration, divorce, grief, deployment, making friends, healthy body, and moving.

The topics will repeat during this time, but each webinar will feature fresh faces and content. If you are unable to attend live, there will be recorded sessions available at your convenience. These webinars are provided at NO COST to participants. For information on how to register, and to learn more about the program, please visit <http://elearningseries.anchored4life.com>

Fieldstone Farm (Chagrin Falls)

Fieldstone Farm has been providing therapeutic horseback riding, carriage driving, and ground programming (equine assisted learning and equine facilitated psychotherapy) for over 40 years. With the support of an incredibly generous donor, who personally experienced healing through horses, veterans NEVER have to pay for programs and sessions.



As a result of the COVID-19 pandemic, Fieldstone has created a “new” opportunity. They are offering social work sessions, via tele-health, with horse involvement (equine-facilitated therapy over video call). While nothing truly replaces being in the physical presence of horses, Fieldstone is proud to share their herd virtually, engage in meaningful conversation, and allow the horses to provide their innate catharsis.



All sessions, which are open to children and families, are facilitated by a licensed social worker. Sessions can be individual or small group (not to exceed three persons). Live video of the horses (specific horses as available) will be provided throughout. All sessions are between 40-50 minutes long and once per week, as desired. Fieldstone plans to reopen over the summer and anticipate providing service on the ground to Veterans by August (barring circumstances beyond their control).

If you or anyone you know is interested in therapeutic riding, driving, and/or group programs, please connect with Fieldstone’s Outreach Specialist, Katy Flint (KFlint@fieldstonefarmtrc.com).

ENTERTAINMENT RECOMMENDATION FROM TEEN COUNCIL

The following are book recommendations from the **Ohio Military Teen Council (OMTC)**:

Hailee - Out of all the books I’ve read, I’d have to recommend *The Giver*. *The Giver* is about a futuristic utopian society. Most people read this book at school, but I still feel it is a great book and really captures what the future could be like. It teaches the reader how to be independent and make your own choices, no matter what others think.

Samantha - My book recommendation is *Playing for the Commandant* by Suzy Zail. I recommend this book because it is a good learning experience about the Holocaust. My classmates and I learned so much about this time period. In the book, there is a Jewish family that is taken to Auschwitz. While there, they perform piano auditions for the commandant, and it all takes off from there.



Jackson - A good book series that I enjoy is *Harry Potter*. I like the series because it takes you to a world where anything you imagine can happen. The positive message it portrays is that, with friendships, anything is possible. Just be yourself and anyone can be a hero.

Cate - My recommendation for a book is *Salt to the Sea* by Ruta Sepetys. It is about the lives affected by the Nazis in World War II that were not Jewish. Each chapter is from one of the four main characters' perspectives. It is a very interesting book that sheds light on the other minorities endangered by Hitler's ideals.

The following are movie/TV recommendations from the **Ohio Military Teen Council (OMTC)**:

Hailee - One of my favorite animated movies is *Turbo*. The main character is a snail named Turbo who goes through many obstacles in order to become one of the biggest racers and win the Indy 500. He chooses to believe in himself and his abilities more than what others think.



Samantha - My TV show recommendation is *Gilmore Girls*. I have been watching and loving this show for a long time. It teaches you to know your worth and to be a risk taker in the right moments. A good movie recommendation is *Sisterhood of the Traveling Pants*. This movie is a good one to watch because it teaches you that, no matter the distance, your friends are always by your side through good and bad.

Jackson - *Raising Dion* is about a little kid whose dad recently passed away. Later, he finds out he has super powers and uses them to find out what actually happened to his father. My little siblings think this is one of the best shows created.

Cate - A show series I recommend is *Anne with an E* on Netflix. It is a spin-off of the *Anne of Green Gables* book series. It follows the life of a recently adopted orphan girl in the 19th century. It shows the ups and downs of being a teenage girl, learning who she is, and where she comes from. It shows how problems can always be overcome with a little help and persistence.



ACTIVITIES

Here is a list of activities that range from self-explanatory to more involved with links to directions provided.

<https://www.unicefkidpower.org/summer-activities-kids/>

Science in the Kitchen! This room of the house has so many opportunities to learn and be amazingly fun.

<https://modernparentsmessykids.com/stem-20-kitchen-science-experiments-kids-will-love/>

Plan a family night. Yes, we have all been occupying the same space for weeks now but, has that been a time of meaningful engagement as a family? Here are ideas that may help.

<https://www.mindfulmazing.com/45-fun-family-night-ideas-the-entire-family-will-love/>

YOUTUBE

YouTube welcomes more than 1 billion users each month, with over 6 billion hours worth of videos watched per month, and 100 hours of video uploaded every minute. Chances are your child, or even you as the parent, are part of these statistics. While YouTube is chocked full of terrific resources, there is also a fair amount of inappropriate content, monotonous videos of kids unboxing toys, and grown men narrating Minecraft. However, there is also terrific educational content to keep your kids entertained and learning.



Finding YouTube videos for kids to watch that are fun, educational, and don't drive you crazy can be a challenge. Common Sense Media has identified some of the best YouTube channels for kids of all ages. Before allowing children to access YouTube, or other areas of the internet, make sure parental controls are set up on all of your devices. You can also download the more child-focused YouTube app for kids: <https://www.youtubekids.com/>

Mother Goose Club - Six colorful characters (adults and kids) introduce little ones to nursery rhymes and other preschool classics, through movement, song, and skits. **Best for:** Preschoolers

Simple Kids Crafts - With the motto, "Recycled, easy crafts that really work," this channel offers more than 700 how-tos on everything from bottle-cap tops to doll furnishings. Most activities require a minimum of materials, time, and expertise, so you can get started right away. **Best for:** Younger kids

The Brain Scoop - From the Chicago Field Museum comes this quirky educational channel that provides a glimpse behind the scenes of a natural history museum. Trips to the animal prep lab, hands-on demonstrations of earth science concepts, and explanations of animals and species are hosted by highly entertaining and knowledgeable staff. **Best for:** Older kids and tweens

Coma Niddy - With his glasses and braces, Coma Niddy (aka Mike Wilson) isn't a typical rapper. But his educational riffs on everything from dark matter to nanotechnology lend him both street and science cred. **Best for:** Older kids and tweens

Good Mythical Morning - Good-time guys Rhett and Link offer nothing but pure, wholesome entertainment. Their skits, challenges, goofy explorations, and other random pursuits all are well-served by the hosts' comic banter, uncanny rapport, and use of good vocabulary words. **Best for:** Older kids and tweens

MinutePhysics - Got a minute? If so, you can learn a wide range of concepts, from the nature of gravity to how the sun works. Using illustration and voice-over, the episodes simplify complex ideas, making science relatable and fun. **Best for:** Older kids and tweens

React - Having started with "Kids React" videos (where kids watch and comment on YouTube videos), Fine brothers Benny and Rafi have expanded to include teens and elders. The results can be moving as the participants express profound truths that subtly illustrate how to view media critically. **Best for:** Older kids and tweens

Geek Gurl Diaries - Upbeat British host Carrie Anne Philbin's tutorials, vlogs, and interviews on software engineering make computer programming seem doable, fun, and appealing for girls. How-to's include introductions to computer languages, programming basics, and even how to build a computer. **Best for:** Older kids, tweens, and teens

SoulPancake - Co-founded by actor Rainn Wilson, this uplifting channel offers several shows -- including "Kid President," "The Science of Happiness," and "Metaphysical Milkshake" -- targeted at a range of ages. The idea is to get kids to think, question, and act ethically. **Best for:** Older kids, tweens, and teens

Vlogbrothers - John and Hank Green make up the Vlogbrothers, who promote curiosity and learning on just about every topic, from health care and ethics to psychology. Both former teachers, the duo run several off-shoot channels including CrashCourse (mini-lessons on history, literature, and more), SciShow (science explainers) and many others. **Best for:** Tweens and teens

SmartGirls - Brought to you by actress Amy Poehler, Smart Girls is an uplifting, enlightening place for girls to hang out and bond. Interviews with female celebrities, Q&A vlogs with Poehler, tours of girls' lives around the world, and even the "Boy's Minute" help affirm girls' value to society. **Best for:** Older tweens and teens

OK Go - Whether it's dancing on treadmills or having paint dripped on their heads, this four-man band is willing to do pretty much anything in the name of coolness. Their music, which is mostly alt-rock, is mere window dressing to their elaborately choreographed videos, which feature optical illusions, trompe l'oeil, Rube Goldberg devices, and other visual tricks. Behind-the-scenes videos explain how shots were filmed. **Best for:** Teens

UNITING AS ONE

National Museum of African American History and Culture

The Smithsonian's National Museum of African American History and Culture launched Talking About Race, a new online portal designed to help individuals, families, and communities talk about racism, racial identity, and the way these forces shape every aspect of society, from the economy and politics to the broader American culture.

<https://nmaahc.si.edu/about/news/national-museum-african-american-history-and-culture-releases-talking-about-race-web>

Children's Books

For some people, having that conversation of racism and issues with people or children of color may be difficult, so having a few children's books that help white kids understand what children of color are up against help get the point across.

This blog post suggests 10 children's books that help White kids understand what children of color are up against:

<https://www.romper.com/p/10-childrens-books-that-help-white-kids-understand-what-children-of-color-are-up-against-15238>

PARENT/GUARDIAN RESOURCES

Teachable Moment

A teachable moment is a stage in a child's development where he or she is most receptive to learning a certain concept or skill. It is a quick moment in time when your child's interest in a subject is at its highest, usually because of a conversation or situation they are curious about. Teachable moments are often spontaneous, so try to be on the lookout and prepared to find ways to make use of them. They often come in the form of questions from your child: What is thunder? Why do cats sleep so much? How come leaves change colors? If you have answers ready for these questions, great! If not, you can help your child find the answers in a book or by researching it on the Internet.

Teachable moments are all around us! It's almost as if we have an instant classroom at our disposal any time we need it. Anywhere you take your child (if restrictions allow it) is an opportunity to teach skills to help them become self-sufficient and well-rounded individuals.

- **In the Car** – As you travel with your child, take advantage of the opportunity to talk about car safety, rules of the road, and driver etiquette.
- **Laundry** – Teach everything from sorting laundry by color and folding towels, to measuring detergent and understanding washer/dryer settings.
- **Out to Eat** – Dining as a family at a restaurant is the perfect time to teach and model table manners, proper public behavior, ordering, and paying the check/calculating tip.
- **At the Bank** – You can explain the basics of keeping money in the bank to young children, or demonstrate the process of writing checks, filling out deposit slips, or going through ATM instructions with older youth.
- **At the Post Office** – Teach your children how to write letters and address envelopes themselves.

Finally, just a few tips on how to get the most out of teachable moments:

1. **Keep it simple** - Focus on the big value or lesson you're trying to teach and explain it in one or two sentences, using kid-friendly words.
2. **Use it sparingly** – Your kids are going to tune you out if everything becomes a "lesson." Keep the information fresh and relevant by teaching when it makes sense.
3. **Invite conversation** – Especially about the big, important topics. Even if your child disagrees with you, you can model how to have a respectful disagreement.



Chores Outdoors

Now that summer is upon us, some kids might be content propping up their feet and catching up on some screen and sleep time, while parents busily attend to work outdoors. There are numerous outdoor chores that young children might have fun assisting with, and teens are capable of doing almost any chore that adults can do. They may just need some direction and guidance to learn how to do the task(s) appropriately. Chores provide you the opportunity to learn responsibility and good citizenship.

Here are some outdoor chores that youth and teens can assist with. As the parent, determine which chores you feel are appropriate based on the age and ability of your child:

- Clean up the yard before mowing: remove stones, rocks, sticks, leaves, toys, etc.
- Mow the lawn
- Trim the bushes
- Help with landscaping projects, like spreading mulch or building a rock wall
- Weed the garden
- Wash and vacuum the car
- Clean outdoor furniture
- Get outdoor items out of storage and ready for use by washing them
- Gather unwanted items to donate or sell at a yard sale
- Plant flowers
- Water plants and vegetables
- Hose down the driveway or sidewalk
- If you have a pool, clean toys out of the filter, clean the pool of bugs and litter



OSU EXTENSION

A Resource in Your Backyard

Ohio State University Extension brings the knowledge of the university directly to you. We fulfill the land-grant mission of The Ohio State University by interpreting knowledge and research developed by Extension and other faculty and staff at the Ohio Agricultural Research and Development Center, Ohio State main campus, and other land-grant universities – so Ohioans can use the scientifically based information to better their lives, businesses and communities. No matter which county you live in, you can access educational resources in four major OSU Extension program areas: family and consumer sciences, 4-H youth development, community development, and agriculture and natural resources.

Working together with the Ohio National Guard Youth Program, OSU Extension's 4-H Youth Development program is the "home base" of Ohio Military Kids.

To find your local county Extension Office, go to <https://extension.osu.edu/lao>

This short video gives background on OSU Extension:

<https://www.youtube.com/watch?v=FuEScNciqQk&feature=youtu.be>