

# ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

Begun in response to the stay-at-home order initiated in March, this compilation of resources will be published bi-weekly to support youth and families for the duration of this pandemic. Family and Youth Coordinators for The Ohio National Guard Family Readiness will bring you a collection of ideas to help keep everyone engaged and growing during these challenging times. 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 24:**

National and State Parks in Ohio (page 2)  
Museums in Ohio (pages 3, 4)

Reading Materials That Aren't Books (page 5)  
The 4-H Hub (page 6)



# NATIONAL AND STATE PARKS IN OHIO

Now more than ever, the opportunity to get outdoors in nature for some fresh air, exercise, and beautiful scenery is a must! The national and state parks in Ohio are natural playgrounds for outdoor enthusiasts, from the forested foothills of the Appalachian Mountains in the south to the Lake Erie shores in the north. The diverse geographic regions in Ohio offer so many things to do year-round, from wilderness hiking, disc golf, canoeing, and paddle boarding to snowmobiling, cross-country skiing, and bird-watching.

This list features both national and state parks that may only be a short drive for you, or could turn out to be a weekend adventure for you and your family. Be sure to visit the park websites to see information about social distancing protocols and safety before you head out the door.

## 1. Deer Creek State Park - <http://parks.ohiodnr.gov/deercreek>

The diversity of scenery and wildlife at Deer Creek is what makes it a top state park to visit in Ohio. The landscape around the 2,300-acre park is made up of meadows, woodlands, and an abundance of wildflowers. It's no wonder that hiking is a main draw, with seven hiking-only trails. The park also has a 17-mile horseback trail. The Deer Creek public golf course is on a challenging 350-acres that features 10 ponds. A nine-hole disc golf course also winds through the scenic grounds.

## 2. Geneva State Park - <http://parks.ohiodnr.gov/geneva>

On the northeastern shores of Lake Erie, Geneva State Park is one of the most convenient for recreational activities since there is so much to do in one location and with tourist attractions nearby. The marina within the state park is a short walk away from most of the lodging, so fishing charters for walleye and perch are easy to book without having far to go. The marina rents paddle boards and jet skis on-site.

## 3. Tar Hollow - <http://parks.ohiodnr.gov/tarhollow>

The Ohio State Park that has some of the most enjoyable opportunities for exploring is Tar Hollow for its winding paths through hills, forests, and steep ravines. This southern Ohio park encompasses the true sense of wilderness with its dense forests.



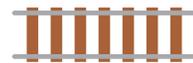
# MUSEUMS IN OHIO

Throughout the state, a growing number of museums have begun opening their doors to the public, with social distancing protocols in place to keep their guests safe. Understanding that not all families may feel comfortable making excursions in the current climate, museums continue offering outstanding virtual content and opportunities (most of which are free of charge). The list below contains some unique museums throughout the state, along with some familiar favorites, that continue offering virtual content that is updated on a regular basis.

## National Underground Railroad Freedom Center

The National Underground Railroad Freedom Center has many online learning resources, including lesson plans, activities, and online exhibits.

<https://freedomcenter.org/learn/online-learning-resources/>



## Western Reserve Historical Society

Western Reserve Historical Society is dedicated to helping the community stay engaged by providing members and the public with online exhibits, activities, stories, content, lessons, virtual speakers, and more. They will be updating their page regularly, so make sure to check back for updates!

<https://www.wrhs.org/explore/digital-learning-resources/>

## Rock and Roll Hall of Fame

The Rock & Roll Hall of Fame is encouraging parents and teachers to visit Rock Hall EDU, the Rock Hall's new digital learning platform, to create a free account and access professionally developed lesson plans, activities, presentations, videos, playlists, and digitized primary source materials from the Rock Hall's Library & Archives. Rock Hall resources meet national and state learning standards in a variety of subject areas, including music, social studies, English, and more.

<https://edu.rockhall.com/>

## Stark County and Tuscarawas County Museums Collaboration

Stark and Tuscarawas County museums have organized to release daily content and virtual tours. Visit the Facebook pages of the McKinley Museum and Presidential Library, Massillon Museum, Canton Museum of Art, National First Ladies Library, Pro-Football Hall of Fame, Dennison Depot Railroad Museum, Age of Steam Roundhouse Museum, Fort Laurens Museum, Historic Schoenbrunn Village, Historic Zoar Village, Museum of Clay Industry and Folk Art, and Reeves Victorian Home and Carriage House Museum to learn more.

## **Nancy & David Wolf Holocaust & Humanity Center**

Unprecedented times can bring out the best in humanity. The Holocaust & Humanity Center remains steadfast in its mission of ensuring the lessons of the Holocaust inspire action today. While the museum is closed to the public, participants can still explore its offerings virtually to learn about the stories of local Holocaust survivors and witnesses. These virtual encounters include museum tours with educational content and activity guides, regularly updated social media content, book club, livestreams and talks, survivor testimonies, blogs, and more.

<https://medium.com/@holocaustandhumanity/7-ways-to-engage-with-hhc-right-now-b4da6bfd7000>

## **National Museum of the Great Lakes**

The National Museum of the Great Lakes is committed to spreading their mission by providing valuable resources to those looking for history-based learning opportunities at home. This website allows you to take a virtual tour of their museum exhibits and the Col. James M. Schoonmaker Museum Ship, along with other opportunities to explore history from home.

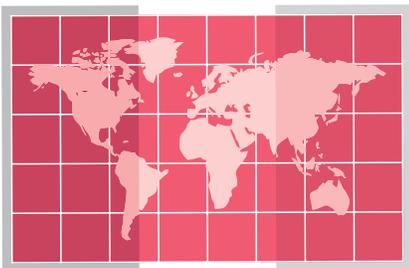
<https://nmgl.org/museum-interactive-tour/>

# READING MATERIALS THAT AREN'T BOOKS

Print exposure is the amount of time a child or person spends being visually aware of the written word (reading)--whether that be through newspapers, magazines, books, journals, scientific papers, or more. Research has shown that the amount of print material that a child accesses has deep cognitive consequences. Children who are exposed to large amounts of print often have more success in reading and have a larger vocabulary to draw from than children who see less print.

When we think of reading, most of us immediately think of stories, especially books. Scholastic.com has identified 15 reading materials that aren't books which will allow children to practice developing their reading skills. How many of these forms of print have you read with your children, or do they have access to in the home?

1. **Sports Programs:** Hold on to the programs that you are given at sporting events and let your kids read and reread about their favorite athletes and teams.
2. **Catalogs:** Many catalogs now are so much more than just products and quick descriptions. Have your child make wish lists and fit in a little writing, too.
3. **Recipes:** Cook with your kids and take turns reading the ingredients and instructions. This is a great example of real-life reading for kids of any age.
4. **Dictionaries:** You might be hard pressed to convince your children to read a dictionary from cover to cover, but give them a challenge like: "Find a new word that starts with 'r'" or "Find a word with 13 letters" and they will end up doing a lot of reading with a plain old dictionary.
5. **Play Scripts:** Explore what it might be like to be on screen or stage by reading a few scripts together. You can even put on a play after reading them.
6. **Atlases:** Atlases are packed with a wealth of reference information. Not only can your child map out a great adventure, but she can also read about land formations, population, and more.
7. **Road Signs:** Kids start recognizing familiar signs at an early age. Keep that knowledge of environmental print going by playing sign games on road trips.
8. **Books They Write:** Nothing is as powerful as reading their own writing. Encourage your child to write, and his reading will get a boost, too.





# THE 4-H HUB



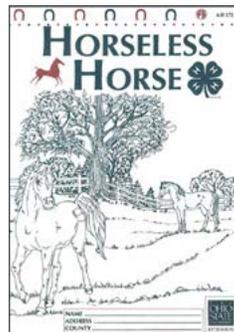
## Have you ordered your family's FREE 4-H Project Books yet?

The Ohio 4-H Program offers a wide variety of educational projects for youth from ages 5-19. Ohio Military Kids is made possible through the partnership of Ohio 4-H and the Ohio National Guard. Ohio Military Kids is proud to offer a selection of 4-H Project Books to families of Ohio service members at no charge!

These project books are excellent educational resources for children of a variety of ages to explore new topics, deepen their interest in a particular subject, or as a supplement to a hobby that they enjoy! Through your family's interaction with 4-H project books, you may discover an opportunity to further your involvement in Ohio's 4-H Program through a local club or through year-round experiences. For more information about Ohio 4-H, visit: [www.ohio4h.org/home](http://www.ohio4h.org/home).

4-H Project Books are peer-reviewed by youth development educators and utilized nationally! Ohio 4-H Project Central hosts a vast library of titles that can be purchased, and a selection of these titles are offered to you at no charge. Through NOVEMBER 30, you may place an order for up to ten copies of any selection of the books listed below:

- **Get Started in Art**
- **Horseless Horse**
- **It's My Home**
- **Laundry Project**
- **Let's Start Cooking**
- **Not just Knots**
- **Science Fun with Kitchen Chemistry**



**ALL NEW  
BOOKS ARE  
AVAILABLE!**



To put in your order for these FREE resources that will be shipped to your home, please visit this link: [go.osu.edu/omkbookorder2](http://go.osu.edu/omkbookorder2). If you have any questions about our free book resources or how your family can become involved with Ohio 4-H, please contact Kayla Oberstadt, 4-H Program Manager for Ohio Military Kids at [Oberstadt.1@osu.edu](mailto:Oberstadt.1@osu.edu).