

# 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.

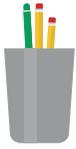
Family and Youth Coordinators for Ohio National Guard Family Readiness will bring you a collection of ideas to help keep everyone engaged and growing during this bonus family time. Our goal is that out of the suggestions shared, your family will find activities that will work best for you and the age 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.

## Resources included in Edition 9:

- Educational Resources (pages 2, 3)
- Family Activities (pages 3, 4)
- Books for Youth and Teens (pages 5, 6)
- Parent/Guardian Resources (page 6)
- DoD Summer Reading Program (page 7)





# EDUCATIONAL RESOURCES



## INFOhio

INFOhio is Ohio's PreK-12 digital library. They purchase high-quality, digital learning content for Ohio's PreK-12 schools. They build web tools like **GO! Ask, Act, Achieve and Research 4 Success** that help students and teachers use the content. INFOhio also provides support for integrated library systems used in most Ohio schools and provide training, support, and professional development for the educators who use any of their tools or resources.

All Ohio PreK-12 students, their parents, and educators may use INFOhio's digital learning content. They use IP recognition, cookies, and geoauthentication to make it easy for you to use their resources. If the system can automatically recognize that you should have access, you probably don't need to log in with a username and password.

Visit the INFOhio homepage and click one of the grade buttons. The resources you see have been selected to meet the learning needs of students in that grade. Here are a few recommended resources to get you started:

<https://www.infohio.org/>

- If your child is in preschool or early elementary school, explore World Book Early Learning. At the top of the World Book Early Learning homepage, you'll find buttons for Games and Activities. The games include virtual tracing games while the activities include virtual and print coloring pages, dot-to-dot, mazes, and more.
- If your child is in elementary school, explore World Book Kids. The games and activities in the menu at the bottom of the World Book Kids homepage are safe and fun.
- Middle and high school students will enjoy exploring a wide variety of learning activities in the Hobbies & Crafts Reference Center. Begin by clicking the Kids' Crafts button on the landing page.

## Earth Science for Beginners

Our Earth is full wonders and mysteries. You can learn many new things about your own planet that perhaps you didn't know before. So, enjoy learning about the planet Earth and discovering new things!

<https://science4fun.info/earth-science/>



## Tutoring

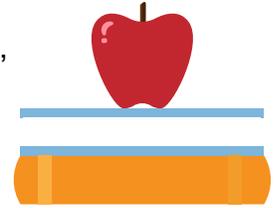
Looking for help with your school work? Tutor.com is available 24 hours a day, seven days a week, for any help your student may need.

<https://military.tutor.com/home>

## Military Child Education Coalition

The Military Child Education Coalition (MCEC) is full of resources for students, parents and educators. There is something there for everybody, from publications to webinars. Their mission is, "To ensure inclusive, quality educational opportunities for all military-connected children affected by mobility, transition, deployments and family separation."

<https://www.militarychild.org/>



# FAMILY ACTIVITIES

## Family Bucket List (After Quarantine)

Restrictions are slowly being lifted, but a return to normal could still be a long way off. As a parent, the uncertainty of the future can be a scary feeling. Explaining the state of the world right now to children can be a daunting task, especially with the anxiety you might still be experiencing. Trying to stay positive, and comforting those who need it, is crucial as social distancing continues into the summer months.

One idea to help your family's home remain a positive, safe place is to create a "Bucket List" of things to do when quarantine comes to an end. All you need is a jar, pieces of paper, a pen, and your family's wishes. Whenever a family member wishes they could go and do something, but cannot, they write it down and put it in the jar. When all of this is over, there will be tons of activity ideas to do together as a family.

Here is a list of some fun activities to get you started (some of which you may be able to accomplish now):

Visit Friends	Stay at a relatives place	Swimming
Visit the zoo	Go to the park	Go to parties
Go to the beach	Take a family vacation	Watch a sunset or sunrise
Go camping	Eat your favorite treat	Play mini-golf
Play soccer or another fun sport	Help a neighbor	Volunteer as a family
Have a family game night	Go bowling	Go ice skating
Go on a treasure hunt	Take a road trip	Do a random act of kindness
Go to your favorite restaurant	Attend a drive-in movie	Try a ropes course
Visit a farm	Go berry picking	Visit a national park



## International Day of Families – May 15

Founded by the United Nations in 1994, the International Day of Families is observed on May 15th every year to celebrate the importance of families, people, societies and cultures around the world. Come celebrate and learn more about families around the world!

#InternationalDayofFamilies

#DoOneThing

DO ONE THING for a better world:

1. Find more about building a strong family.
2. Schedule periodic discussions that enhance your family life.
3. Invite your family to work together on a DO ONE THING project.

<http://www.doone thing.org/calendar/familiesday.htm>



### Family Night:

Family time has very positive effects on child development. This link provides a suggestion of activities for the family to enjoy.

<https://www.verywellfamily.com/family-fun-night-ideas-with-teens-2609697>

<http://www.imom.com/20-ideas-for-a-family-fun-night/>

### Kitchen Activities for Rainy Days

Among those bright sunny days are a few rainy ones, which tend to keep us inside. These links provide some kitchen experiments for simple afternoon projects that use items you likely already have in the house.

<https://www.thoughtco.com/kitchen-science-experiments-for-kids-604169>

<https://littlebinsforlittlehands.com/4-mini-easiest-kitchen-science-activity-trays/>

### Star Gazing

If you are tired of what is going on here on Earth, start gazing to the stars. Mankind has been studying the stars for what seems like forever. Here are ten easy stargazing tips to get you started.

<https://www.skyatnightmagazine.com/advice/skills/learn-astronomy-in-10-easy-lessons/>



### Depths of the Ocean

If stargazing isn't your thing, try checking out the depths of the oceans. Explore the Great Barrier Reef or strange looking creatures that inhabit the deep sea!

<https://encounteredu.com/multimedia/collections/oceans-for-beginners-discovery-zone-collection>





# BOOK SERIES FOR YOUTH AND TEENS

There are lots of ways you can encourage your children to develop a love of learning, and one of the best ways is to let them choose their books and explore book series. Books that come in a series are wonderful for so many reasons:

1. Studies show that children who choose their books become better readers and read more frequently for fun.
2. When kids find a book they like, they'll want to immediately read all the books in that series. Some parents prefer their children read a variety, but the fact that they are choosing to read on their own and are engaged/motivated to read is great news!
3. Kids who read book series display a certain interest in the topic or style of reading. This is something you can share with your kids, along with other family members and friends.
4. Book series offer a lot of complexity and richness. They can go very deep and develop more complex characters and plots.
5. When kids read book series, there's an element of predictability of what they can expect from the story. It can be easier for kids to read when they have an idea and understanding of the setting, characters, and plot of a book series.



## Chapter Book Series for Youth

**The Bad Guys** - This illustrated chapter book series is filled with hilarious moments as a team of bad guys try to take on missions for the good side. Kids will love the antics of Mr. Wolf, Mr. Piranha, Mr. Snake, and Mr. Shark as they try to do good, despite their bad guy looks.

**The Wollstonecraft Detective Agency** - History, mystery and science collide in this series! Awkward kid-genius Lady Ada Byron befriends Mary Godwin, an adventurous 14-year-old romantic. Together, they form the Wollstonecraft Detective Agency—a secret constabulary for the apprehension of clever criminals.

**Voyagers** - Earth is about to go dark and there are no signs of new power sources. But one group of kids go on a mission that might save humanity.

**Timmy Failure** - Clueless, but comically confident, Timmy Failure is the CEO of the best detective agency in town. Follow his unorthodox approaches to investigations and world domination in this hilarious series.

**A Series of Unfortunate Events** - If your kid's not keen on happy-go-lucky tales, this series is definitely the series for him or her. The books follow orphans Violet, Klaus and Sunny as they try to escape the treachery of Count Olaf, a villain after their wealth.

## Chapter Book Series for Teens

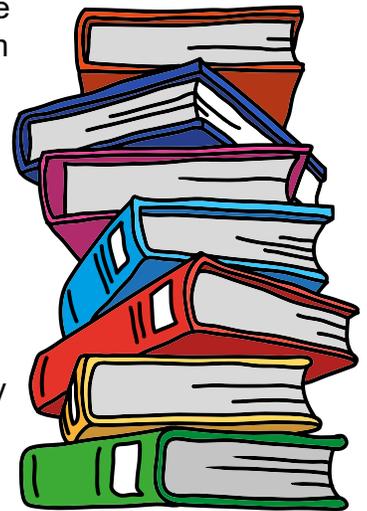
**The Dark Artifices** - Fans of the Mortal Instruments series won't be disappointed by this new, fast-paced, and emotion-filled trilogy that follows parabatai Emma and Julian. On their quest to save the world from demons, Julian and Emma are tested by their attachments and forced to put everything they hold dear on the line.

**To All The Boys I've Loved Before** - This heartwarming trilogy will have readers swooning. Laura Jean Covey has loved five boys — one of them her sister's boyfriend — and written them all love letters (that she never sent out, of course). But when her younger sister, Kitty, sends out her letters, Laura Jean's love life is taken from imaginary to complicated.

**A Court of Thorns and Roses** - Sarah J. Maas may be best-known for her Throne of Glass series, but you won't want to miss the world she creates in A Court of Thorns and Roses. After killing a Faerie beast, Feyre is forced to spend the rest of her life in the grips of Fae prince, Tamlin. But when Tamlin begins to take special interest in her, an entirely new world is laid at her feet.

**Sisterhood Series** - This bestselling series turned wildly popular movie follows four friends and a pair of pants that fit them all... perfectly. Faced with their first summer apart, the girls decide to let the pants travel between them and bring them together in times when it feels as if they may fall apart.

**An Ember in the Ashes** - In a brutal empire (inspired by Ancient Rome) any act of rebellion is met with death. After Laia's brother is accused of treason, she allies with the rebels to free him. Her path crosses with Elias, the empire's most promising warrior, and the two set out to not only save her brother, but also the entire empire from the tyranny that festers within.



## PARENT/GUARDIAN RESOURCES

Mental Health can be an ongoing challenge to maintain during these unprecedented times of change. The links below may offer items to help keep the family grounded and healthy.

[https://www.bbrfoundation.org/blog/everyday-mental-health-tips?gclid=EAlaIqobChMIz6av-4-v6QIVTLLICh1w0wQ6EAMYASAAEgIGW\\_D\\_BwE](https://www.bbrfoundation.org/blog/everyday-mental-health-tips?gclid=EAlaIqobChMIz6av-4-v6QIVTLLICh1w0wQ6EAMYASAAEgIGW_D_BwE)

<https://www.heysigmund.com/building-resilience-children/>



# DOD SUMMER READING PROGRAM



**Dig Deeper:**  
Read, Investigate, Discover.

DoD MWR customers of all ages are invited to Dig Deeper into reading. Join the DoD MWR Libraries Virtual Summer Reading Program **June 1-August 31**. Register at [dodvirtualsrp.beanstack.org](http://dodvirtualsrp.beanstack.org) and log reading time. Prizes will be awarded to top readers and in weekly drawings for reading.

 **DOD MWR LIBRARIES**  
**SUMMER READING PROGRAM**  
*on Military Installations Worldwide*

©2018 Rafael López for REACP Summer Reading. Artwork inspired by *We've Got the Whole World in Our Hands* by Rafael López, published by Orchard Books and Scholastic in español, Imprints of Scholastic Inc.