

# ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

Begun in the 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 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 20:**

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# EDUCATIONAL RESOURCES

## LANGUAGE ARTS WEBSITES

As the COVID-19 crisis continues, many parents all around the world are returning to their roles of home-school teachers, or at least tutors. Language arts, which include reading, writing, listening, and speaking, may seem daunting if it's been a long time since you've conjugated a sentence or written an expository essay. It's an important area of study because these skills carry over to learning math, social studies, science, and everything else – inside the classroom and throughout life. Don't stress though, there are lots of online language arts resources available to help!



### For Early Learners

[Free Children Stories](#) doesn't require downloads or even signing in. This is a great option to try new stories.

[ABC Ya!](#) has fun letter games.

[Funbrain, Jr.](#) has games, stories, and printables.

[Oxford Owl](#) offers free children's audiobook downloads.

[Starfall](#) is filled with games to teach letter recognition and other early reading skills.

[Storyline](#) online offers free videos of celebrities reading children's books.

### For Elementary School

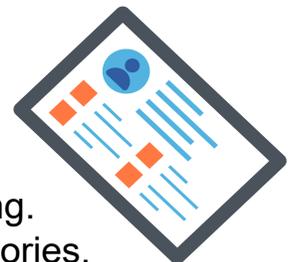
[Scholastic](#) has free online books and activities to keep kids reading.

[Story Bird](#) has over 700 challenges to inspire kids to write short stories.

[Kahoot](#) lets you play fun language arts learning games as a family.

[Spelling Shed](#) has fun, interactive spelling activities.

[Read Works](#) platform and materials are completely free. It has great content, curriculum, and tools to power teaching and learning from Kindergarten to 12th Grade.



## For Middle School

[One Community](#) offers curricula in all areas of language arts, including listening and speaking.

[Worksheetworks](#) has free grammar printables.

[Journal Buddies](#) offers a month's worth of writing prompts.

[No Red Ink](#) teaches grammar and writing based on each student's current skill level and interests.

[Read Write Think](#) has lesson plans, printables, activities, and projects for all areas of language arts from k-12.

[Khan Academy](#) offers grammar lessons, activities, and quizzes aligned with educational standards.

[Read Works](#) platform and materials are completely free. It has great content, curriculum, and tools to power teaching and learning from Kindergarten to 12th Grade.

## For High School

[SAT Prep](#) is a productive way to spend hours at home.

[Turn It In](#) guides high school students to write strong, original essays.

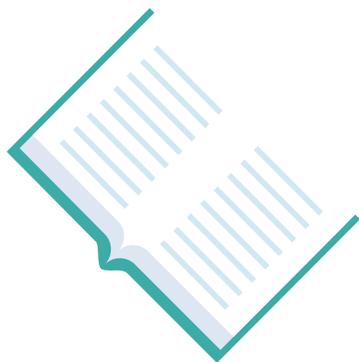
[The University of North Carolina's Writing Center](#) has tips and tools for every aspect of writing.

[Common Lit](#) has essay passages and comprehension questions.

[Purdue Owl](#) is a great resource for correctly formatting essays. This is a good time for high school students to become familiar with MLA, APA, etc. before heading to college.

[Good Reads](#) offers reviews of thousands of books. Have kids pick a book to read and then post their own review.

[English Grammar](#) Online has a great variety of lessons for teaching English as a foreign language, but it also offers great games and activities that can be used at home or in the classroom.



# 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.

## Children’s Museum of Cleveland

Learning doesn’t have to stop while the Museum is closed! Over the next few weeks, the Children’s Museum of Cleveland is offering a variety of story times and programs online so that families can keep learning through play. These opportunities include CMC Tales Story Times, English Language Arts, Social Studies, Music, Cooking, Holidays, Art, STEM, Movement, and more!

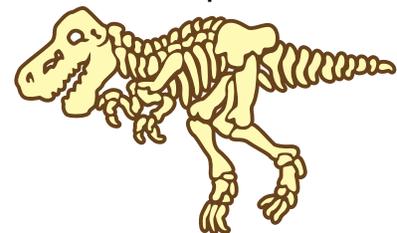
<https://cmccleveland.org/>



## Baseball Heritage Museum

The mission of the Baseball Heritage Museum is to preserve and present the stories of diversity in baseball by entertaining, educating, and enlightening visitors about the multicultural heritage of baseball and the values it represents. The Baseball Heritage Museum is offering daily content on their Facebook and Instagram pages, including activities sheets, virtual scavenger hunts, baseball movie quizzes, user memory shares, and more.

<https://www.facebook.com/BaseballHeritageMuseum/>



## Cincinnati Museum Center

Curiosity is far too big to fit into a museum, so the Cincinnati Museum Center is bringing it straight to you. Wonder Zone brings experiments and museum experiences into your home. Follow along and try your hand at some of these experiments or just watch and enjoy. The Cincinnati Museum Center’s Wonder Zone online videos feature at-home science experiments and the “Off the Shelf” curator blog series, offering both behind-the-scenes looks into the museum and stories beyond the museum walls. CMC also has early childhood activities available on their Facebook page.

<https://www.cincymuseum.org/wonderzone/>



# THE 4-H HUB



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. For more information about the content offered below, or how your family can become involved with Ohio 4-H, send a message to 4-H Program Manager for Ohio Military Kids, Kayla Oberstadt at [Oberstadt.1@osu.edu](mailto:Oberstadt.1@osu.edu). Check out this edition's feature on the 4-H project of: **Gardening!**

In the Gardening project, participants can learn about soil types, preparing a plot or containers for growing, and experience the growth cycles of flowers and vegetables. Any time of the year can be an opportunity to learn more about growing a garden, whether you choose to plant for a fall harvest or wait to sow seeds in spring! By visiting Ohio 4-H Project Central, youth can learn about Gardening, or a variety of other interesting topics through the project books available to you. Here are a few quick tips from Ohio 4-H Gardening!

## **Miniature Gardens:**

This idea-starter project can inspire you to create a garden in any small space! Have you ever considered arranging a fairy garden with mosses and natural decorations? Or perhaps putting together herbs that your family could use regularly in meal preparations? Either of these examples are perfect starts to learning about gardening! <https://projectcentral.ohio4h.org/publications/miniature-gardens-project-idea-starter/>

## **How Does Your Garden Grow:**

This beginner project will introduce youth to flower gardening. A variety of activities are included in the project guide, including the decision-making process of planning a garden, preparing the ground or containers, and more! <https://projectcentral.ohio4h.org/publications/how-does-your-garden-grow/>

## **Gardening with the Seasons:**

In this intermediate project, youth will take their gardening knowledge to the next level with new methods to use your available space and include gardening across the seasons! <https://projectcentral.ohio4h.org/publications/growing-with-the-seasons/>

# FARM SCIENCE REVIEW

Has your family heard about Farm Science Review? It's not just for those who live on a farm, but for anyone and everyone who utilizes agriculture on a daily basis. That means if you eat, use products made from cotton, or even decorate with pumpkins this fall, you are benefitting from agriculture! Farm Science Review is going virtual this year, hosted September 22-24. Youth of any age can find a topic that may suit their interests from the variety of educational topics being offered online during these days.

Check out <https://fsr.osu.edu/> (visit the Youth/4-H button) to learn more about which topics you can join in live-time through a virtual session! You have the opportunity to tour a robotic dairy farm, explore agricultural careers, engineer an egg catcher, experience a tractor simulation and so much more!

