

ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

Begun in the response to 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 18:

Virtual OMK Opportunities (pages 2, 3)

Aviation (pages 4, 5)

Activities (page 5)

4-H Projects (page 6)

Educational Resources (page 7)



VIRTUAL OMK OPPORTUNITIES

Teen Money Tuesday

These virtual opportunities will help teens grow in their knowledge of money and how to make smart, powerful financial decisions. Lessons will be interactive and use as little PowerPoint as possible. You are encouraged to attend all five weeks, or you can choose the lessons you feel will benefit you the most.



We understand that talking about money can be very personal, but know that these lessons will be an opportunity to learn and share as much, or as little, as you wish... and are non-judgmental.

Instruction provided by: Denise Fesel, AFC®, Personal Financial Counselor
Meet Denise here: <https://youtu.be/ouM8KeIFH3M>
Each week on Tuesday,

25 AUG, 1 SEP, 8 SEP, 15 SEP, 22 SEP

11A.M. or 4P.M. lasting about 1 hour each(content will be the same both times on the same date). Attend all or some, whatever works for you.

Topics:

August 25 - “Needs vs Wants”

September 1 - “Goal Setting”

September 8 - “Spending Plan”

September 15 - “Credit and Debt Management”

September 22 - “Saving and Investing”

Location: Virtual on Zoom (link will be provided after registration)

Cost: No Cost (FREE) • Details: Pre-registration is required

Age: 12 to 17 years old

Contact information: Andrew Seward, 614-257-8876 or

andrew.j.seward.ctr@mail.mil



Registration: <https://www.surveymonkey.com/r/TeenMoneyTuesdays2020>

***Please register at least 24 hours before the desired topic.**

Fieldstone Farms Virtual Horse Lessons

We're not horsing around! Fieldstone Farm will be virtually hosting Ohio military youth and teens for three lessons about horses:

Monday, August 24: Horse Anatomy

Wednesday, August 26: Horse Behavior and Communication

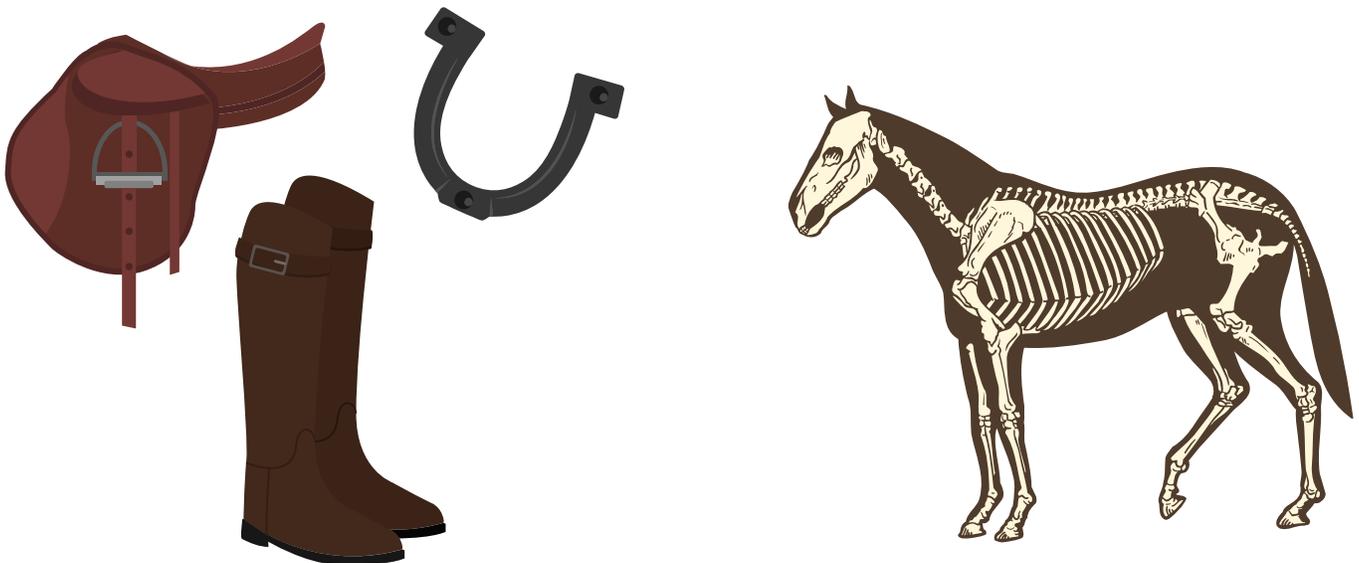
Friday, August 28: Jobs with Horses and Horse Disciplines

Fieldstone Farm in Chagrin Falls is one of the largest and most respected therapeutic riding centers in the country. Over the last 7 years, Fieldstone Farm has hosted numerous Ohio Military Kids events. Unfortunately, due to the COVID-19 pandemic, our scheduled visit to Fieldstone this summer had to be cancelled.

Luckily, the staff at Fieldstone have designed a number of interactive, online lessons to keep participants engaged with horses. These lessons include interactive activities, discussions, games, and even potential visits from their equestrian friends.

All lessons will take place from 4:00 – 5:00 PM. **Registration** for these lessons opens today at the following link <https://www.surveymonkey.com/r/OMKfieldstone2020>. One registration will give you access to all three lessons. On the registration form, you can indicate which days your child is interested in attending. Participation in all three sessions is encouraged but is not mandatory.

The deadline to register is **Friday, August 21**. Once the deadline has passed, you will receive an email with a Zoom link to join the sessions. We hope to see you for what promises to be a one-of-a-kind virtual experience!



AVIATION

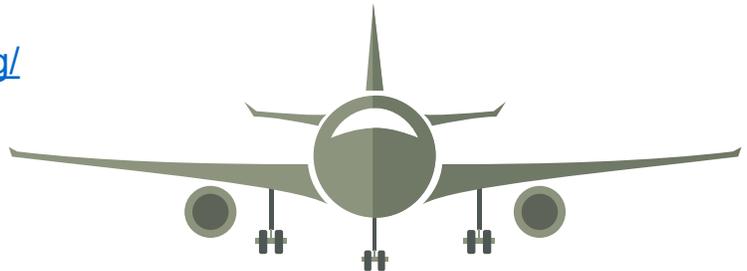
National Aviation Day: August 19

National Aviation Day is observed each year on August 19. This day is dedicated by Presidential Proclamation to those who helped pioneer aviation in the United States. President Franklin D. Roosevelt issued the first National Aviation Day proclamation in 1939 to “observe the day with activities that interest aviation.” August 19 is the birthday of Orville Wright, one of the legendary Wright Brothers who invented the airplane and flew the first flying machine into the skies over Kitty Hawk, NC, in 1903. On this day, aviation enthusiasts are encouraged to celebrate the history of aviation, remember how far we’ve come as a nation, and support the future of aviation. Please follow the links below for some terrific aviation related activities.

www.holiday-favorites.com/fun-ideas-for-national-aviation-day

www.dltk-kids.com/crafts/transportation/national-aviation-day.htm

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



Paper Planes

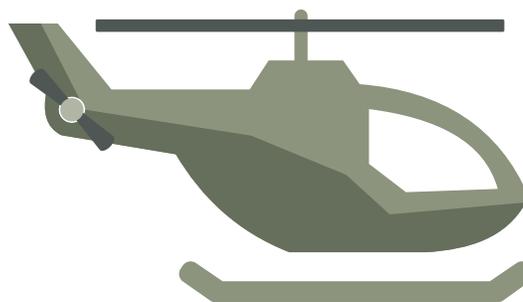
Making paper planes is a simple paper craft with great learning benefits for children. It demonstrates hands-on examples of geometry, symmetry, and how shapes fit together. Paper planes are a great way to engage young ones’ minds in math and spatial thinking. Also, there’s nothing more confidence boosting than creating a paper plane that flies. It encourages running and gross motor exercises to fly the planes.

During OMK’s first ever Virtual Camp, counselor Billy Martin led a session where he taught campers how to make paper space fighters. For those wishing to dabble in future designs, he recommends visiting the following website that includes a variety of paper plane designs, ranging from simple to complex.

<https://foldnfly.com/#/1-1-1-1-1-1-1-1-2>

Billy also encourages all aviators to check out the YouTube link below for a series of paper plane instructional videos created by professional graphic designer Kyle Boyer.

<https://www.youtube.com/c/FoldableFlight/about>



4-H Project

Interested in learning more about the science of flight? Ohio 4-H offers a project called “aerospace” and has resources that you can find online at minimal charge or no cost so you can continue your flight exploration through learning about rockets and flight! Visit <https://projectcentral.ohio4h.org/> and enter the term “aerospace” in the “Search by Keyword” section.

ACTIVITIES

Virtual Escape Room

One of the activities that campers had the opportunity to engage in during camp were virtual escape rooms, led by counselor Megan Caldwell. The links below will give access to a number of virtual escape rooms with a wide variety of difficulty levels. Megan shared why she chose to lead this session during OMK’s Virtual Camp in July:

“Virtual escape rooms are great because they provide great puzzles that help kids apply some of the knowledge that they have learned from school in a fun way by incorporating popular topics such as Harry Potter, Disney, Marvel, and more! These links provide options for kids of all ages and skill levels. These rooms can also be great tools for teaching your kids about teamwork when you work together as a family to complete them. They can also be completed with friends in a social distanced setting via video chat.”

<https://www.thesuburbanmom.com/2020/05/01/virtual-escape-rooms/>

<https://www.cc-pl.org/digital-escape-rooms>

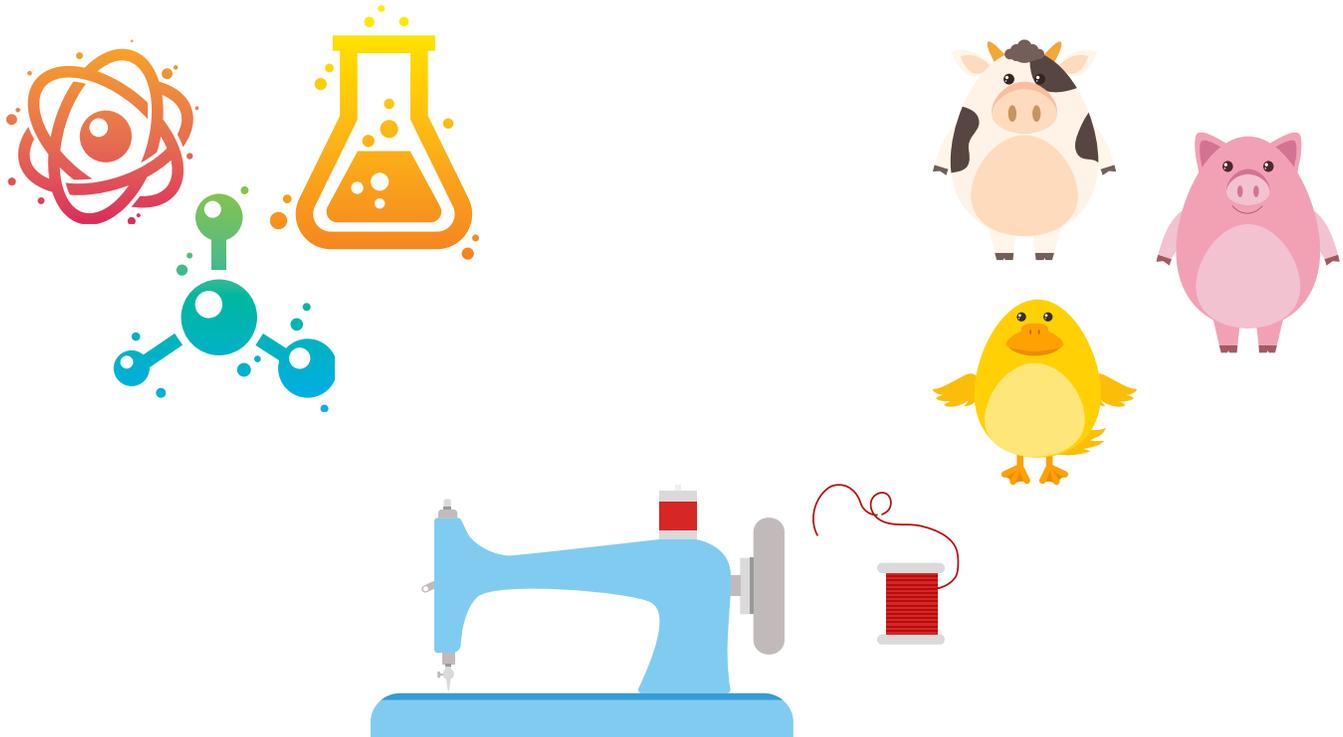
4-H PROJECTS

4-H Project Central

This online resource isn't just for families who have youth enrolled in 4-H – it is an educational database that can be accessed by anyone! Ohio 4-H has a variety of educational topics, called “projects.” Projects can range from art, science, electricity, nutrition, sewing, animals, gardening, and so much more! These projects are often matched with a resource book, educational activities, and opportunities for the youth participant to “learn by doing” – which is the 4-H motto!

Visit <https://projectcentral.ohio4h.org/> to browse the many offerings in 4-H! You can choose to search by a keyword by typing in a word like “horses,” browse by skill level including beginner, intermediate, or advanced (4-H projects are available to all ages!), or browse by topic area – where they are already listed for you!

The complete 4-H Family Guide <https://ohio4h.org/familyguide> is available for download. If your family is interested in exploring more of what 4-H has to offer throughout the year, you may find direct contact information for your county's OSU Extension office in the Family Guide. You can also contact Kayla Oberstadt, 4-H Program Manager for Ohio Military Kids, by emailing Oberstadt.1@osu.edu!



EDUCATIONAL RESOURCES

Big Life Journal: Back to School Care Package

Students are starting back to school, and no matter if your children are attending school in-person, digitally, or homeschooling, COVID-19 has made this school year much more difficult for both students and parents.

Trying to juggle running a household, raising children, and adding work stress on top of everything else is overwhelming. Big Life Journal is here to support you through this with a FREE Back to School Care Package.

Within the package, you will find tons of ideas and tools for both parents and children on everything from setting up at-home learning spaces, helping children combat loneliness, and helping children keep “teacher you” and “parent you” separate. You will also find useful calming exercises and ideas, including guided breathing prompts, to help you and your children refocus and reset. Most importantly, there are helpful tips for how you and your child can develop and keep a growth mindsets through this trying time — especially when staying positive can sometimes feel impossible.

<https://biglifejournal.com/blogs/blog/back-to-school-free-printable-care-package>

