

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.

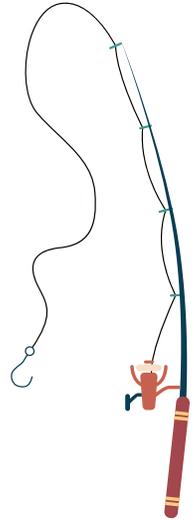
The Ohio National Guard Family Readiness & Warrior Support is committed to supporting you and your family. We will send ideas and resources that should be easy for parents to use at home. Wherever possible, we have included an online reference so that you can readily find the instructions and list of needed supplies.

Resources included in Edition 10:

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ACTIVITIES



Fishing

Now that the weather has warmed up, it's time for some outdoor activities. Want to try something new? Take the kids fishing. The key for first time fishing is to find a body of water where success is guaranteed; usually a pond works best. Plus, there are plenty of videos on YouTube to help get you started. So grab a can of worms, get out there, and wet a line.

<https://medium.com/@USFWS/fishing-for-the-first-time-e4b0a551676>

Outdoor Activities

Get your kids outside! Check out these creative ideas for getting your kids outside, moving their bodies, and having fun in the sun.

<https://www.superhealthykids.com/kid-fitness/31-outside-activities-for-kids/>

These 10 ideas for outdoor fun are great for kids of all ages. They're also perfect for getting your children thinking about other activities they'd like to do this summer.

<http://www.imom.com/10-ideas-for-outdoor-fun/>

Vacation

Keep kids learning during vacation with these great activities, from road-trip bingo to ice cube experiments, and many more.

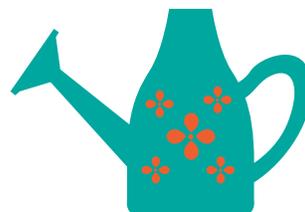
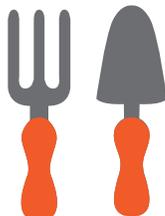
<https://www.scholastic.com/teachers/articles/teaching-content/creative-summer-learning-ideas/>

Gardening

In previous editions of the newsletter, we suggested the idea of gardening. THE TIME HAS COME! Now that the fear of frost and freeze are past, you can safely plant and not have to worry about covering the plants on those cold nights. The following are links about how to start and maintain a garden. The first link is geared towards educators and parents, so it includes lessons to make the garden a science lesson treasure trove.

<https://kidsgardening.org/garden-ideas-kids-parents-teachers/>

<https://gardenerspath.com/how-to/beginners/gardening-children/>



EDUCATIONAL RESOURCES

Military Child Education Coalition

The Military Child Education Coalition is offering free webinars to support parents who are remote or not located near a major military installation. Webinars are available every Wednesday at Noon EST. Participants must register in advance for live webinar presentations. Upcoming topics include:

- Preventing the Summer Slide in COVID-19 Pandemic (06/03/20)
- Education Models, Trends & Practices (06/10/20)
- Military Families and PTSD – A Discussion with Dr. Steve Cozza (06/23/20)



If you are unable to join live, you will still have access to these webinars once they are concluded. You can also view past webinars that cover topics such as Parenting During the COVID-19 Crisis, Resilience and Facing Challenges/Safety, Organizing Kids, Young Children and Readiness, School Success, School Transitions and Options, Children with Special Needs, and College Transitions and Options. Continuing Education Units (CEUs) are offered following all of these webinars. Participants only need to watch the presentation and complete a short survey to receive a certificate of completion.

<https://www.militarychild.org/webinars?fbclid=IwAR3IYGvJ0QXh1b1yxx2Zx8cyp64MVQpBo9d79e-WOi4Iq9EbYKUeWMx49Bq8>

Virtual Learning Website

This is another one-stop shop of virtual school activities for all ages! The site features a variety of live webcams, virtual tours/trips, and other miscellaneous fun educational sites. With updates coming every few days, be sure to check back and refresh the site to see the latest contributions. If you have your own ideas for other places to virtually visit, or fun/educational goodies to use now that school is out, you are encouraged to add your ideas at the bottom of the page.

<https://virtualschoolactivities.com/>

Ways to Beat the Summer Slide

The summer slide is a decline in reading ability and other academic skills that can occur over the summer months when school isn't in session. Numerous studies show that kids who don't read during summer vacation actually slip in reading ability by the time autumn rolls around. Just like with playing sports, Reading and Math are skills that must be practiced.

What's the secret to preventing the summer slide? Keep learning all summer long! This does not mean year-round schooling or hours upon hours of intense practice and studying. Rather, it's about striving to provide learning opportunities throughout the summer to keep those academic skills sharp.

<https://blog.allaboutlearningpress.com/summer-slide/>



How to Beat the **SUMMER SLIDE**



Have your child read for
at least **20 minutes**
every day.

Spend time **cooking**
together.



Explore different kinds of
reading material like picture books,
chapter books, and magazines.

Make use of your
local library.



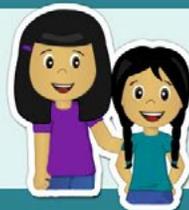
Listen to **audio books** on
summer car trips.

Read aloud with your
children daily.



Review skills with fun,
hands-on review activities.

Engage in **meaningful
conversation** and help build
your child's vocabulary.



Enjoy a
new hobby!

Learn more about these great ideas at
<http://blog.AllAboutLearningPress.com/summer-slide>

PARENT/GUARDIAN RESOURCES

Summer Transition

As students wrap up the end of the school year, making the transition to summer can always be a challenge. This year adds its own level of complications. Below are some tips to consider when making the switch from school to the freedom of summer.



<https://www.parents.com/kids/development/behavioral/transitioning-from-school-to-summer-vacation/>

<https://www.scholastic.com/parents/school-success/learning-toolkit-blog/4-ways-to-help-your-student-finish-school-year-strong.html>

Mental Health

Concerns of the new illness in our world continue on, and no matter how much we may try to control the news that kids hear, it is inevitable that they learn more constantly. It is important to remember that even adults are at times struggling to cope with the stress and anxiety, so just imagine how difficult that may be for the young adults, teens, and children you know. The following links contain suggestions and resources to help support the younger family members.



<https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/>

<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/coronavirus>

BOOK SERIES FOR YOUTH & 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 Spiderwick Chronicles - When siblings Jared, Simon, and Mallory move into an old mansion, they discover that there's a magical—and potentially dangerous—world of fairies living there, too. The Grace siblings want to share their discovery, but what happens if the fairies don't let them?



Magic Tree House - When Jack and his younger sister Annie discover a tree house in the woods, something magical happens: they travel all the way back to the dinosaur age, medieval times, ancient pyramids, and more!

Junie B. Jones - Junie B. Jones is one of the funniest kindergarteners around! This series chronicles her adventures as she gets herself into some trouble and hilarious situations at school. Elementary schoolers everywhere will find her accurate descriptions humorous.

Fudge Series - Fourth-grader Peter Hatcher finds life with his little brother Fudge impossible. To top it off, Peter's parents constantly dote on Fudge, even though he throws temper tantrums and even takes Peter's beloved turtle! The Fudge series follows the adventures of Peter, his family, and even his nemesis.

Amulet - When siblings Emily and Navin's dad passes away, they move with their mom to the home of her dead great-grandfather. But the house holds secrets. One day, a sinister creature lures Emily, Navin, and their mom into the basement which turns into an underground world full of demons, robots, and talking animals and their adventure begins.



Chapter Book Series for Teens

The Lunar Chronicles - This science fiction take on Cinderella will captivate you. Cinder is a cyborg. Deemed to be nothing by her stepmother and stepsisters, she lives her life in isolation. Until her path crosses with Prince Kai, leading her to realize that a lunar force threatens her world, and she is the only one strong enough to save it.

The Immortals - Daine has long-loved animals, but when she's forced to be away from them, she realizes that it's not just love that connects them — it's magic. Daine has the power to talk to and control animals. With her gifts in high demand, she begins work for the royals and finds that there are threats far greater than she could've ever imagined, and that only she has the power to fix them.

Thousandth Floor Series - Manhattan, 2118: A thousand-story tower houses the brightest, most promising minds. There is Bakradi, a tech genius hiding a dark secret; Leda Cole, whose beauty hides her painful addictions; and Avery Fuller, the genetically perfect girl who towers over all on the thousandth floor. To the outside world, it seems they have it all, but everyone in the tower has something to lose...

Hybrid Chronicles - In this emotionally charged trilogy, everyone is born with two souls, but only one body. One soul is naturally dominant, and the other fades with time. But what happens if your second soul remains?

The Hush, Hush Saga - Nora Grey was never interested in romance, until she saw Patch. Darkly handsome, Patch catches her eye immediately. But when strange things begin to occur, Nora realizes that he's hiding something. Soon she finds herself embroiled in a century's long feud between the immortals and those that have fallen, her boyfriend being one of them.

