

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.

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VIRTUAL OMK CAMP

The Ohio Military Kids Team is excited to announce their first-ever virtual camp this year! Save the dates for Virtual OMK Camp:

1. July 14-16 for teens (ages 12-15)
2. July 21-23 for youth (ages 9-11)

Virtual camp sessions on those days will be held during these times:

- 10 am - 12 pm
- 2 - 4 pm
- 7 - 8 pm

Registration is free for military youth and information about how to register will be coming soon.

Activities may include crafts, STEM activities, cooking, team building, exercise classes, virtual campfire, talent show, flag ceremonies, military moments, and cabin time (among others). And camp counselors will still be a part of camp!



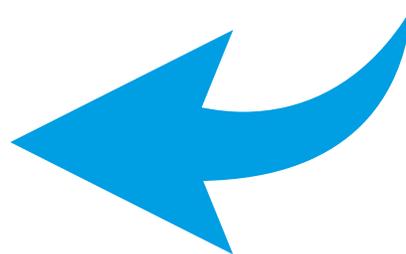
Due to concerns for health and safety surrounding COVID-19, our regularly scheduled events have been cancelled for most of the summer. We know it's difficult to replace the tremendous impact that in-person camp can have on young people. Resilience and grit are needed now more than ever! The OMK team still wants to provide a positive experience for military youth to connect with others and enjoy a fun and meaningful educational experience during this difficult time in our nation and the world.

Registration for TEEN CAMP:

<https://www.surveymonkey.com/r/OMKteencamp2020>

Registration for YOUTH CAMP:

<https://www.surveymonkey.com/r/2020OMKyouthcamp>



MILITARY KIDS CONNECT

Military Kids Connect is an online community for military children (ages 6-17) that provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life. MKC offers informative activities, helpful videos, and an online community that can build and reinforce understanding, resilience, and coping skills in military children and their peers.



Through videos, activities, and participation in MKC's monitored online forums, children can share their own ideas, experiences, and suggestions with other military children, helping them to know they are not alone in dealing with the stresses of military life. All online forums are moderated to ensure no personally identifiable information is present. MKC also provides parent and educator tracks to help adults understand what it takes to support military children at home and school.

<https://militarykidsconnect.health.mil/>

OMK FACEBOOK

How are you and your family making use of your time this summer? Let everyone know about any fun, educational, or interesting activities you have been engaging in by sharing them to the OMK Facebook page. Feel free to include a photo of the activity (if you wish), but please make sure it is appropriate for public viewing. The activities and photos that you share could generate ideas for other military families to explore this summer:

<http://www.facebook.com/OhioOperationMilitaryKids>



Introducing Puku Summer Camp—8 themed weeks packed with vocabulary learning opportunities for kids ages 8-12, from your friends at Merriam-Webster! Beat the summer slump and improve vocabulary with great book recommendations and other fun activities all summer long!

Here's what you can expect each week:

Vocabulary Activities

Summer activities can provide a great opportunity to improve vocabulary, and they will share activity ideas related to each theme!

Book Recommendations

Each book selection matches the week's theme and comes with a hearty recommendation—plus word lists to help with the challenging vocabulary from each.

Themed Vocabulary Lists

All vocabulary lists are available in Puku, the award-winning vocabulary learning app for kids. Puku is not required, but playing Puku for a few minutes a day is a great way to improve vocabulary and make learning fun. Subscribe to Puku to access the Summer Camp lists and all special features!

Get started here:

<https://www.merriam-webster.com/vocabulary/puku-summer-parent-welcome>

Check out a sneak preview of the weeks to come below:



Week 1: June 22-26 **The Great Outdoors**

Week 2: June 29- July 3 **Cooking Club**

Week 3: July 6-10 **Animal Kingdom**

Week 4: July 13-17 **Space Launch**

Week 5: July 20-24 **Game On!**

Week 6: July 27-31 **In Deep Water**

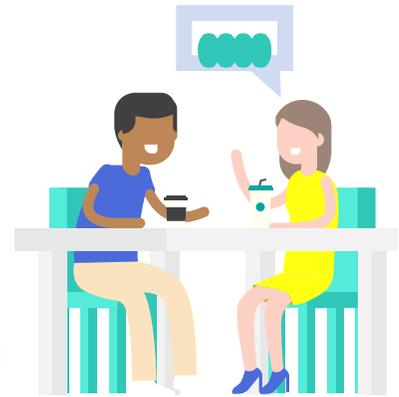
Week 7: August 3-7 **X Marks the Spot**

Week 8: August 10-14 **The Great Unknown**

PARENT/GUARDIAN RESOURCES

Center for Parent and Teen Communication

The Center for Parent and Teen Communication offers practical, science-based strategies for strengthening family connections and building youth prepared to thrive. Their multimedia content is rooted in decades of research on effective parenting and strengths-based communication techniques.



The website covers a range of topics geared towards promoting teens to become their best selves. Materials can be accessed through articles, videos, podcasts, Q&A interviews, a popular “Parenting in 100 Words” series, weekly newsletter, and social media. Recent topics include: Parenting in a Diverse World, Creating a Stress Management Plan, Helping Teens Deal with Disappointment, Raising Youth of Color in a Complex World, Spending High Yield Time with Your Teen, and The Healing Power of Human Connection.

<https://parentandteen.com/>

Unwind and Take a Breath

A self-care regimen isn’t something that only busy parents who need “me time” should strive to have — kids, no matter their age, also need time to refresh and recharge mentally and physically, especially as they get older and more bogged down with school and work responsibilities. There are plenty of activities kids can engage in — whether alone or together as a family — that will help them to slow down, relax, take a breather, and hopefully feel less overworked, tired, and stressed.

Visit popsugar.com for the ultimate list of self-care activities that young families can do together, little kids can do with the help of a parent or sibling, and older kids can engage in on their own time.

OUTDOOR ACTIVITIES

Outdoor Fun with Ohio Military Teen Council Member Hailee

Something fun my family and I do is make a giant slip and slide with a big tarp. You can put the tarp down on a hill or a flat area. All you need is a tarp and a hose of some kind. Make sure to set the hose up in a position to keep the whole tarp wet when you go down. You can use items like soap or inner tubes to make the activity even more enjoyable.



Drive-In Theaters

As movie theaters continue their efforts to reopen, while following social distancing guidelines, drive-in movie theaters have undergone a resurgence. As one of the few entertainment joints that are safe to visit outside of the house, they've enjoyed a huge boost in popularity. Most drive-ins have set up sites that offer wider/safer parking slots, revised rules on concessions, extra cleaning in restrooms, and even relief areas for dogs.

Ohio hosted one of the first 10 drive-ins in the country, The Starlight Auto Theatre, which opened in 1937 in Akron, OH. Within ten years, Ohio had more than 80 drive-ins and then peaked with close to 190 in the late 1960's. In the years since, the state has seen a decline of 87%. Yet Ohio still has 24 open drive-ins making it the 3rd largest state for remaining drive-ins in the country.

Visit the following link to find which drive-ins are closest to home:

<https://www.driveinmovie.com/OH.htm>

Virtual Concerts and Livestreams

At this point, just about every concert or festival has been cancelled or postponed due to COVID-19. Recognizing the joy that music can bring during this trying time, many artists have started livestreaming concerts on social media from their homes, empty venues, or wherever they can while they practice social distancing.

Check out an ever-expanding list of shows and musical events to stream from the comfort of your home by visiting billboard.com. There are concerts and performances dating back to early March, with new events being updated on a weekly basis. If your children enjoy music, but maybe aren't old enough to attend a concert, then this may be their best opportunity to get their groove on from the comfort of their home.

OSU EXTENSION

4-H World Changers

WORLD CHANGERS for Middle & High School Girls
Inspired by Girls Who Code

In 4-H, we believe in the power of young people. Through self-chosen projects, kids are paired with mentors and given opportunities to lead. These projects and experiences bring out their potential, their passions, and their drive to help others as we empower them to become true leaders. So what better way to help close the gender gap in science, technology, engineering, and mathematics than to join the movement to change the image of what a programmer or scientist looks like and does.

Every Wednesday | July 1 through August 5 | 2 - 3 P.M. EST

Location: VIRTUALLY from your own home! Event link will be given upon completion of registration.

Cost: FREE!

Details: Designed for middle & high school girls. We will welcome EVERYONE who has an interest in STEM, coding, and making a positive impact in their community! You do not have to be a 4-H members to participate.

Contact information: Margo Long, 4-H Extension Educator, long.1632@osu.edu

Register at: https://osu.az1.qualtrics.com/jfe/form/SV_bl6Xu9jBKp6t565



THE OHIO MIC3/THE OHIO NATIONAL GUARD

From 2007-2009, the U.S. Department of Defense in partnership with several state governments, drafted an Interstate Compact to address some of the educational challenges being faced by transitioning children of Military families between bases/installations and schools/states. Ohio joined the Compact, which became known as the Military Interstates Children's Compact Commission, by establishing the supporting State Law in July of 2009.

The MIC3 is not exhaustive in its coverage, but it addresses the key issues in education encountered by military families: attendance, eligibility, enrollment, placement, and graduation.

An advising State Council was founded at the requisite agencies of the Ohio Department of Education and the Ohio Department of Veterans Services. The chair of the MIC3 Council would be appointed by the Governor of Ohio with guidance from the office of the State Superintendent of Public Instruction. The Chair of the MIC3 Council is additionally titled the Commissioner, for the State. This individual serves as the lead point of contact on all matters before the state's MIC3 Council.

Four legislators are appointed every General Assembly, one from each of the bodies – representing the Majority and Minority Caucuses. There are seats on the MIC3 Council representing professional education associations along with various impacted districts, nonprofits, and Military family organizations.

The MIC3 Thomas D. Rutan Council and the larger Ohio MIC3 network in partnership with Purple Star is one of the most effective states working on behalf of Military kids. For more information on the MIC3 go to <https://www.mic3.net/>

or contact:

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