

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 11:

- Teen Council Resources (page 2)
- Military OneSource (page 3)
- Activities (page 4)
- Education Resources (page 5)
- Parent/Guardian Resources (page 6)
- June Calendar with Fun Dates (page 7)

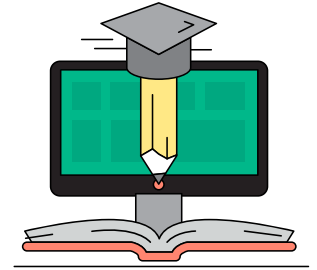


RESOURCES FROM TEEN COUNCIL

Members of the Ohio Military Teen Council (OMTC) have shared some of the activities and resources that have helped them, and others, navigate the changes and obstacles thrown their way.

Cate – An educational resource I have been using a lot lately is a practice driving test website. This site is mostly for teens and those preparing to get their temps or actual license. The website is filled with all the laws and rules of driving in the state you are in. It keeps track of your progress and has many quizzes to take. It also makes a special quiz with all the questions that you answered wrong. I have been on this site as much as possible these last few weeks, preparing to get my temps. It is a very helpful tool for learning the rules of the road, which everyone must learn eventually.

<https://m.driving-tests.org/ohio/>



Emily – This is a terrific website with STEM activities for kids of all ages. It features summer camps, websites, competitions, apps, and career resources for students in elementary school to high school.

<https://www.mastersindatascience.org/blog/the-ultimate-stem-guide-for-kids-239-cool-sites-about-science-technology-engineering-and-math/>

Chloe – I am really into art, so this is a website I found for painting. These are 20 easy art projects that are guaranteed to turn out beautiful!

<https://www.itsalwaysautumn.com/20-kid-art-projects-pretty-enough-to-frame.html>



Hailee – My resource isn't a website, but actually a YouTube channel. This man, Rob Kenney, posts all sorts of videos on how to do different things around the house. His father walked out on him as a child, so he created this channel as a way to show boys (whose fathers left them) how to do things a father normally would. In my opinion, kids with deployed parents, or kids who have parents who work during the day, could really benefit from his videos.

<https://www.youtube.com/channel/UCNepEAWZH0TBu7dkxIbluDw>

MILITARY ONESOURCE

<https://www.militaryonesource.mil/>

Military OneSource is a 24/7 connection to information, answers, and support to help you reach your goals, overcome challenges, and thrive. Free resources and support are available to active-duty, National Guard, and Reserve service members as well as their families anywhere in the world. Some of these resources include tax services, spouse employment help, webinars, as well as online training, relocation, and deployment tools, and much more.



Non-Medical Counseling for Youth Now Available by Video – During this difficult time, children and teenagers who feel isolated from friends and activities may experience a particularly hard time. Children show stress in different ways. Your child may act out, be sad or fearful, or show signs of low self-esteem. To help cope with changes due to the COVID-19 pandemic, Military OneSource will offer video non-medical counseling sessions for children and teenagers. What is non-medical counseling?



• Non-medical counseling is confidential, short-term, solution-focused counseling provided by counselors with a master's degree or higher.

- Self-esteem issues
- Communication and relationships
- Problem-solving and adjustment
- Behavioral issues, such as bullying and anger management
- Changes at home, such as deployment, reunion, divorce, and grief

Children and youth ages 6-17 of active-duty, National Guard or Reserve service members, and recently retired or separated service members are eligible for confidential video non-medical counseling through Military OneSource. A parent must attend each video session for children age 12 and younger, but only need to be available at the start of each video session to give parental consent for youth ages 13 to 17 to give parental consent. Call Military OneSource at 800-342-9647 to learn whether non-medical counseling is right for your child.



Morale, Welfare and Recreation Digital Library (MWR) - Military OneSource provides free online resources to service members and their families via the Morale, Welfare and Recreation Digital Library. You'll find eBooks and audiobooks on virtually every topic, as well as databases and reference books that can help you learn a new skill, keep kids engaged, serve as a homework source, or prepare you to land your next job.



The digital library offers online resources to help children learn to read or keep their grades up, research topics for writing assignments, or just find a great story for a long afternoon. Teens can take advantage of complete units of study, in a variety of media

formats, to supplement what they have learned in school. Adults will find large number of resources to assist them in advancing their education or career.

ACTIVITIES



Salvaging Summer

A summer filled with canceled vacations and camps, shuttered pools and playgrounds, and less time spent with friends and loved ones is probably not what you had in mind, but, it is the reality we find ourselves facing. These somewhat limited summer prospects can leave kids and adults feeling bored.

However, with a little imagination, you have opportunity to play silly games, connect with family and friends, and find ways to express gratitude for others. Katia Hetter (CNN Science and Wellness, Senior Editor) has highlighted 100 things to salvage summer and inspire families to navigate this new normal.

<https://www.cnn.com/2020/05/22/health/100-things-to-do-this-summer-wellness-trnd/index.html>

Treasure Hunt

Want to keep your kids busy for a while? Try a treasure hunt! Develop a treasure map and put your kids through the paces. Have them decipher the clues with a treasure chest full of goodies as the reward.

<https://www.thespruce.com/scavenger-or-treasure-hunts-for-kids-3542300>



Water Obstacle

Water obstacle courses are a terrific way to cool down the kids this summer. Use your imagination and design it for any age group!

<https://meaningfulmama.com/water-obstacle-course.html>

Walk the Dog

Taking the dog for a walk is a great way to get outdoors for some exercise. Dogs need their exercise too, and there are plenty of places (parks & bike paths) that are dog friendly. Just don't forget your waste bags to clean up after the pooches.



Art ideas!

If you are not an arts and crafts guru, the links below provide simple, low-cost craft ideas for the young art professionals in your home.

- <https://www.happinessishomemade.net/easy-summer-kids-crafts-that-anyone-can-make/>

- <https://www.artbarblog.com/40-summer-art-ideas-for-kids/>

Yard Games

Get out and enjoy the weather by finding yard games that fit your family best.

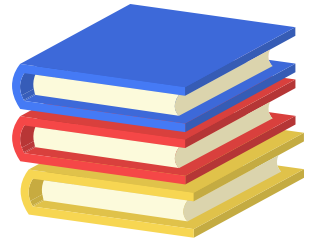
- <https://www.countryliving.com/entertaining/g2477/outdoor-games-to-make-this-summer/?slide=12>

- <https://www.buzzfeed.com/mallorymcinnis/let-the-games-begin>

EDUCATIONAL RESOURCES

Book Recommendation

If you are looking for a new book to read and you are a fan of *The Hunger Games*, you should check out Suzanne Collins' new book, *The Ballad of Songbirds and Snakes*. This book actually takes place long before the original series we have all grown to love and centers on President Snow's life.



Reading Tips From Kids

<https://www.readingrockets.org/article/what-parents-can-do-reading-tips-kids>

Over the last two months, the Ohio Army National Guard Youth Team has shared numerous book recommendations for youth of all ages. Despite an enormous list of quality books and book series to choose from, the challenge often lies in motivating kids to continue reading during the summer months. Parents can make reading more enjoyable by letting children choose books and making reading a memorable family event. Reading Rockets has shared guidelines from children (for parents) to increase motivation.

Let kids pick out their own books - Book choice is a strong motivation for readers young and old. Let kids pick out books at the library or bookstore. It's almost a sure thing they'll want to read them. If you pick them out, they won't.

Set goals and reward reading - Reward reading with more reading! Stop by the library or bookstore for the next book in your child's favorite series, or let your child shop for it online. Most kids agree, but they don't also see a problem with more... well, extrinsic rewards.

Let your kids see you read - Read the newspaper over your morning coffee, take a magazine from the rack in a doctor's office while you wait, and stuff a paperback into your purse, pocket, or briefcase. Your kids will catch on to the fact that reading is something you like to do in your spare time.

Make reading together fun and memorable - Parents can convey important positive impressions about reading by making reading an experience their children will remember and cherish. It's not what you read to your child that counts, it's how. Make a story come alive by changing your voice and pace, or using sound effects and motions.

Create loving associations with books and reading - Reading together is a time for closeness and cuddling – another way to show your love as a parent, grandparent, or caring adult. For children lucky enough to have parents who read to them, the memory is lasting and their love for books and reading lifelong.

PARENT/GUARDIAN RESOURCES

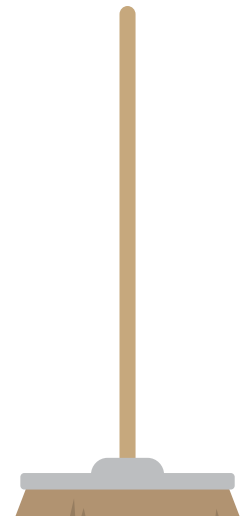
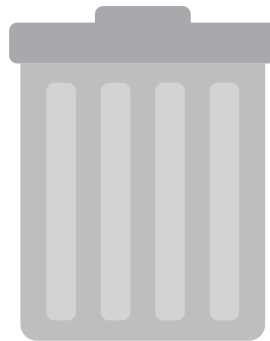
During the summer, your kids have a bit more time on their hands, so this may be the perfect time to have them help you with chores. While kids and teens grumble about chores, the opportunity to learn about how the world really works and what it takes to run a home is invaluable. As a youth professional, we have met too many kids at our events that do not know how to effectively sweep a floor, set a table, or any other basic life skill. We as families owe this to them as preparation for growing to meet the challenges of the world. Now, that is not to say that we bury the kids with all of the housework. Below are a couple links to help determine what chores fit the age and charts to help track and make sure work and fun stays in balance.

What chores are right for kids:

<https://www.yourmodernfamily.com/age-appropriate-chores-for-kids/>

Chore Chart ideas:

<https://lifeasmama.com/summer-chore-charts/>



LET'S KICK THIS SUMMER OFF WITH A GREAT START!

JUNE COMMENCES THE BEGINNING OF SUMMER. EVEN DURING THIS TIME, YOU CAN STILL ENJOY THE SEASON. MARK YOUR CALENDARS; JUNE IS FILLED WITH FUN ACTIVITIES AND IDEAS TO ENJOY WITH YOUR FAMILY AND FRIENDS.

JUNE 2020

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 FLIP A COIN DAY	2 NATIONAL ROCKY ROAD DAY	3 	4 NATIONAL CHEESE DAY	5 NATIONAL DONUT DAY	6 
7 NATIONAL TRAILS DAY	8 BEST FRIEND'S DAY	9 	10 HERBS & SPRICES DAY	11 NATIONAL CORN ON THE COB DAY	12 NATIONAL FLIP FLOP DAY	13 
14 	15 	16 	17 	18 SUSHI DAY	19 JUNETEENTH	20 FIRST DAY OF SUMMER
21 HAPPY FATHER'S DAY	22 	23 NATIONAL PINK DAY	24 25 26 			27 SUNGLASSES DAY
28 	29 HUG HOLIDAY	30 				

- 1 June: Can't make a decision? Flip a coin to make decisions for the day.
- 2 June: This day is all about eating ice cream...specifically Rocky Road. Don't have any, make your own!
- 4 June: Try the Cheesy Challenge and eat cheese at every meal and every snack. Also, try a variety of cheese you have never tasted before.
- 5 June: No further explanations! Check your local Dunkin' Donuts, Krispy Kreme, or local bakeries for discounts and freebies.
- 7 June: Enjoy a day outside on the trail by going hiking, bike riding or even bird watching.
- 8 June: Celebrate your BFFs by spending quality (virtual) time together, send them a card, or reach out to an old bestie you haven't talked to in a while.
- 10 June: If you enjoy eating, this is for you! Try some different herbs & spices in your meals today or try and grow your own today.
- 11 June: To celebrate boil, steam or grill it for dinner!
- 12 June: Ditch the boots and sneaker and slip into some flops!
- 18 June: Enjoy some Sushi today!
- 19 June: If you are unsure of the importance of this day, today would be a great day to learn.
- 20 June: Celebrate the first day of summer by enjoying an ice cream soda.
- 21 June: Happy Father's Day!
- 23 June: Wear your best pink outfit or be creative and use food coloring to have pink meals today.
- 27 June: Enjoy the day with a shady, mysterious, and fashionable pair of shades.
- 29 June: Due to social distancing, send virtual hugs today!

