

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.

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SCHOLARSHIP OPPORTUNITIES

Scholarships for Military Kids

If you have a high school senior graduating in 2021, then it's the perfect time to start thinking about college. If you haven't planned on using the GI BILL for them, there are many scholarships for military children that they can apply for. The following list are just some of the scholarship opportunities you may consider exploring. They range from offering \$1,000 a year for 4 years to a total award of \$10,000 covering housing, tuition, and academic expenses.

1. **AMVETS Scholarship**

\$1,000 is awarded annually for 4 years to those awarded with this scholarship. It's specifically for children AND grandchildren of Veterans, Active Duty members and Guard/Reserves. Students also must currently be High School seniors.

<https://amvets.org/scholarships/>

2. **Scholarships for Military Children**

This scholarship is awarded by the Commissary and funded by its contributors.

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

3. **Chief Petty Officer Scholarship Fund**

All children of active duty, retired, or reserve Chief Petty Officers are eligible whether they are natural born, adopted, or step children.

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

4. **Frederick C. Branch Scholarship Program**

Named after the Marine Corps' first black officer, this NROTC scholarship is awarded to military children who plan on attending one of 17 black historical colleges.

<https://www.mcrc.marines.mil/News/News-Article-Display/Article>

5. **Hero's Legacy Scholarship**

This is specific to children of a parent who has fallen in battle or have 100% disability compensation.

<https://www.militaryscholar.org/legacy/>



6. **Society of Daughters of United States Army Scholarship Program**

Daughters AND granddaughters of U.S. Army Officer's (career or commissioned) are eligible for this scholarship.

<https://bigfuture.collegeboard.org/scholarships/societyof-daughtersof-untied-states-army-scholarship-program>

7. **Bonsai Finance Veterans Scholarship**

Students will be rewarded with a one-time \$2,500 payment if chosen. Application consists of submitting a short essay in response to their questions.

<https://bonsaifinance.com/veterans-scholarship/>

8. **Memorial Foundation Scholarship**

The Enlisted Association Memorial Foundations Scholarship Program can be awarded to those children or grandchildren of good standing members of TREA (The Retired Enlisted Association). Applicants must submit a 300-word essay on a question posed by the organization.

https://trea.org//TREA/About_Us/Memorial_Pages/Memorial_Foundation_Scholarship_Program_.aspx

9. **VA Mortgage Center Scholarship**

Recipients of this scholarship will be rewarded with \$1,500 bi-yearly in May and November for five years. It's a part of their Military Education Scholarship Program.

<https://www.vamortgagecenter.com/scholarships.html>

EDUCATIONAL RESOURCES: LANGUAGE ARTS



As the COVID-19 crisis continues, many parents all around the world are returning to their roles of homeschool 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

PBS lets kids have story time with their favorite characters.

<https://pbskids.org/>



Reading Rockets is filled with info to teach parents how to introduce little ones to language arts. It also has fun activity ideas.

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

E-Learning for Kids has fun games on letter recognition, sounds, parts of a book, and more.

<https://en.e-learningforkids.org/language-arts/>

That Bald Chick offers free printables, including ABC crafts and sight words.

<https://thatbaldchick.com/free-resources-for-home-education>

ABC Mouse is currently free and has fun language arts games and puzzles.

<https://www.abcmouse.com/abc>



For Elementary School

The International Children's Digital Library offers free access to high-quality books from around the world in different languages.

<http://en.childrenslibrary.org/>

Grammar Bytes is filled with fun grammar games, activities, and videos.

<http://www.chompchomp.com/menu.htm>

StoryJumper allows kids to write, illustrate, publish, and record audio for their own books.

<https://www.storyjumper.com/>

Amazon Inspire offers teachers and parents a place to gather and share resources, lesson plans, activities, etc.

<https://www.amazon.com/gp/feature.html>

Free printable sight word worksheets can be colored or turned into fun games.

<https://aprilgolightly.com/sight-word-worksheets/>



Fun Fonix has printable phonics games and worksheets.

<https://www.funfonix.com/>

Plain and Not So Plain offers spelling lists and handwriting practice sheets.

<https://plainandnotsoplain.com/free-schooling-resources/>

For Middle School

Libby allows you to read library books on a phone or tablet.

<https://www.overdrive.com/apps/libby/>

Common Lit is a free database of passages to practice reading comprehension.

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

Soft Schools offers free printable language arts word searches, quizzes, and worksheets.

<https://www.softschools.com/>

Lit2go is a collection of stories and poems in mp3 format. Kids can download and listen while going on a walk, gardening, or doing chores.

<https://etc.usf.edu/lit2go/>

NaNoWriMo will help young writers pen their own books in 30 days.

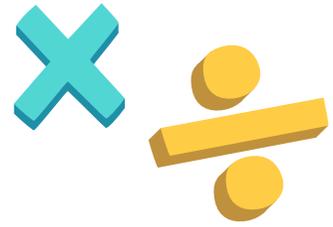
<https://ywp.nanowrimo.org/>

Crash Course offers fun and extremely informative videos on literacy and writing.

<https://www.youtube.com/user/crashcourse/playlists>



EDUCATIONAL RESOURCES: MATHEMATICS



5 Helpful Math Websites for Kids

Finding educational and helpful math websites used to be a challenge. Now, the problem is finding the best ones. That's because — although many websites have games, interactive activities, and resources such as worksheets — they vary in quality and usability.

This list, recommended by teachers, includes websites that appeal to the wants and needs of students. They help harness the benefits of game-based learning, and they all differ in terms of content. Each one is designed to keep your child engaged and can help supplement the learning that is taking place in school.

- **NRICH** is an ongoing project by the University of Cambridge, for math games, articles, and problems. The site divides resources by UK key stages and US grade levels, sharing content that's explicitly linked to standard curricula content. For example, grade 3 students can find information related to telling time and complete subsequent equations. Students can also take advantage of the "Ask NRICH" feature, where they submit questions and a mathematician will help solve them.

<https://nrich.maths.org/>



- **WolframAlpha Math** was designed for students in higher grades, as the tool acts like a scientific calculator that shows each step to solving a given equation. When applicable, it will provide answers using graphs, images and written explanations. Keep in mind, there is currently no functionality to input your own equations. So, students cannot use WolframAlpha Math to solve specific questions. But you can take equations from the website to solve in class, using it to review answers.

<https://www.wolframalpha.com/examples/mathematics/>

- **AAA Math** provides students in grades K-8 an online practice resource. No form of registration is required, letting students easily access questions ranging from counting to evaluating exponents of negative numbers. The website gives immediate feedback, letting students know if they answered correctly or incorrectly. In the latter case, it will reveal the right answer. As well as number problems, there are word- and graph-based questions.

<http://www.aaamath.com/>



- **Math Is Fun** is designed for elementary and middle school students and features concise sentences and cartoon characters, making content easier for young students to process. In addition to providing exercises that cover essential math skills, there are games and puzzles. Math Is Fun may also appeal to teachers, as it has a section of lesson ideas.

<https://www.mathsisfun.com/>



- Think of **Math Open Reference** as a less-developed version of WolframAlpha Math, filled with examples and explanations suited to younger students. For example, visitors can access a page about angle measurement. It covers topics such as degrees, radians, and minutes while featuring an interactive protractor tool. Further down, the page covers related topics and common questions. Math Open Reference also has tools such as graphing and scientific calculators.

<https://www.mathopenref.com/tocs/anglestoc.html>

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. Check out this edition's feature on the 4-H project of: **Foods and Nutrition!**

In the Foods & Nutrition project, youth learn the basics of measuring, use of kitchen tools, reading a recipe, creating balanced meals, and adapting nutritional tips into their daily lives. As a young person grows in their skills, they build menus, explore cultural foods, and will be able to read nutritional labels. By visiting [Ohio 4-H Project Central](#), youth can learn about Foods & Nutrition, or a variety of other interesting topics through the project books available to you. Here are a few quick tips from Ohio 4-H Foods & Nutrition!

Take a Break for Breakfast

This 4-H project is a fantastic introduction for youth in the kitchen! Starting the day off with a balanced, healthy breakfast is important on any day of the week, and especially for kids as they get back into their school routine. This project teaches the five basic food groups, and even includes a sample activity of how to do a breakfast journal with a parent. Test your breakfast knowledge and see if you are fitting the balanced nutrition needed to start your day off right!

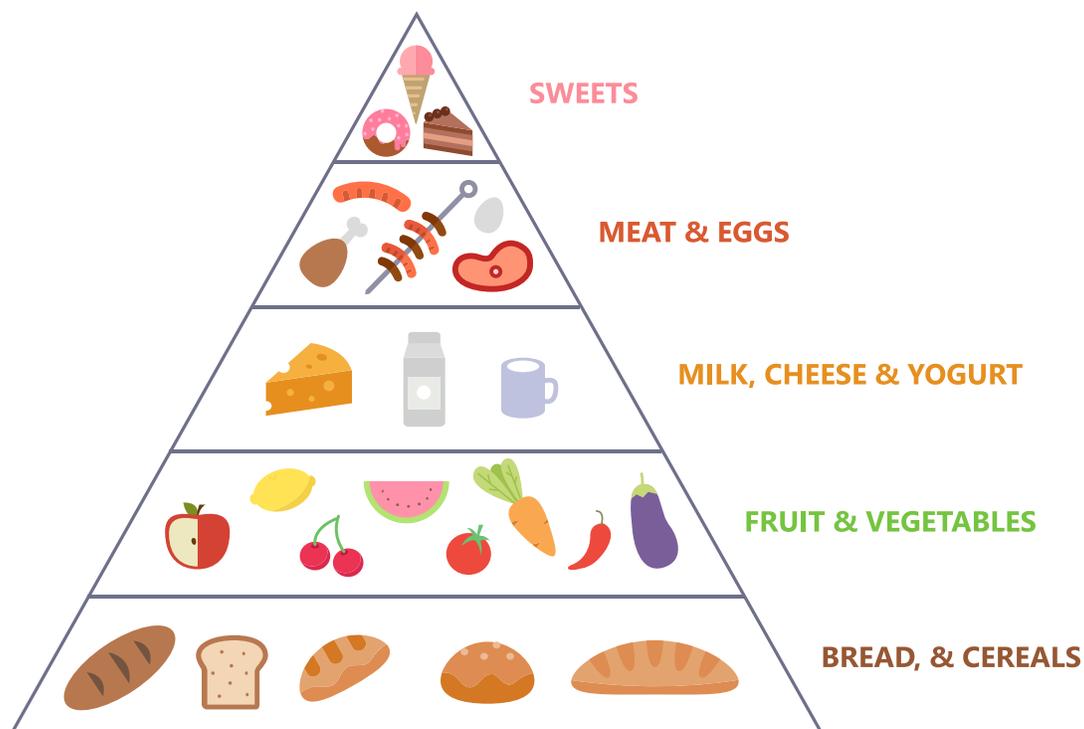
<https://projectcentral.ohio4h.org/publications/take-a-break-for-breakfast/>

Sports Nutrition

In this intermediate 4-H project, youth learn about the healthy habits of eating well and exercising daily. All ages can benefit from learning how to balance the calories consumed with calories burned, how to hydrate properly, and how different nutrients work together to support our bodies. The helpful content in this project can help a young athlete tie together their fitness and nutrition! You can check out the project's sample pages to incorporate ideas into your daily activities, including how to create a nutrition-packed pasta salad!

<https://projectcentral.ohio4h.org/publications/sports-nutrition-ready-set-go/>

Continue to check back to The 4-H Hub in future editions for more project highlights and opportunities to bring 4-H projects into your home.





Remember In SEPTEMBER



Grandparents Day • September 13, 2020

Although not as widely celebrated as Mother's Day or Father's Day, there is a special day each year to celebrate Grandparents. And, no, it wasn't created by the greeting card companies. **Grandparents Day** is much more than a store-bought card. It's about honoring our grandparents for their strength, guidance, and importance in our lives.

According to verywellfamily.com, the roots of Grandparents Day go back to 1956 when a West Virginia mom, Marian McQuade, became aware that many nursing home residents were forgotten by their families. She desired to see a national holiday that would bring attending to those members of the family and to honor all grandparents. In 1970, she began a campaign in her home state to raise awareness about senior citizens and West Virginia became the first state to celebrate grandparents in 1973. In 1978, President Jimmy Carter declared the first Sunday after Labor Day as National Grandparents Day. Now, it is a tradition that each President issues a Grandparents Day Proclamation.

Grandparents Day fun facts:

- Official Flower: **Forget-me-not**
- Official song: **A Song for Grandma and Grandpa**. You can hear it here: <https://bit.ly/33XHq4r>

Grandparents Day will be held this year on Sunday, September 13th. Here are some ideas to help you celebrate.



1. **Make a card. Color a page. Create artwork.** Grandparents LOVE everything homemade because it shows your love through the time you took to create it. Try make a card with your handprint. Or, create a one-of-a-kind drawing of you doing something with your grandparents. Or, check out the doodle art you can color from Doodle Art Alley at bit.ly/3ksgP58
2. **Interview your Grandparents.** How fun it would be to find out a bit more about your Grandparents and the life they have lived. Have they got stories to tell you! You can use the Grandparent Interview page from Scholastic.
3. **Take your Grandparents on an ice cream date.** Of course, they'll need to drive. But, you can use your own money to treat them! It'll be fun and you'll discover their favorite flavor.
4. Use your creativity and **write them a poem or sing them a song.** Have someone record you reading your poem or singing and then send it to them. Guaranteed to brighten their day.
5. **Write them a letter** and begin each sentence with **"I Love You because..."** You'll be amazed at how many reasons you love your Grandparents.
6. **Create a photo book.** Ask your parents to help you find and print photos of you with your grandparents. Then print out those photos and create a book filled with pages of you with them. Write notes on each page telling your Grandparents what that photo memory means to you.
7. **Make Salt Dough Coasters.** Have fun creating and giving these. You'll find the directions for a quick, microwave dough that is easy to make here: bit.ly/3kzVg20
8. **Read a story about grandparents.** There are so many, many to choose from. Here are a few favorites: *The Hello, Goodbye Window*. *How to Babysit a Grandpa*. *How to Babysit a Grandma*. *Grandma, Grandpa, and Me*. *Llama Llama Gram and Grandpa*.
9. Most importantly. **Spend time with your Grandparents.** Whether you live nearby, or far away, find some time in your day to stop and talk with them, have them teach you something, bake with them, maybe even fish. Time is all they really want.