

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 12:

- Ohio Military Kids Virtual Camp (page 2)
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OHIO MILITARY KIDS VIRTUAL 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.



HEALTHY LIVING

Resilience and Self-Care

With so much going on in the world, we can sometimes forget that it's important to take time for ourselves to give our brain a chance to process emotions and reset. We may not be able to control everything that is happening around us, but we can manage our thoughts, emotions, and reactions. By understanding that we have control over how we respond, we can become more resilient in the midst of this challenging and uncertain time.

Hailee and Jackson, of the Ohio Military Teen Council (OMTC), were asked how they have demonstrated resilience during this time, and what they were doing to practice self-care:

Jackson - I have been resilient by waking up on time each day and keeping a positive attitude. Things that I've been doing to pass time are increasing my soccer skills and spending time with my family. We usually don't get to spend time together and this is a really good chance to now. These are ways I am staying positive and healthy.



Hailee - During this difficult time I would say I have demonstrated resilience by FaceTiming my friends in order to stay social. My family and I have been following a schedule during the week in order to maintain a semi-normal life. It has really helped me make sure I don't just lay in bed all day. In order to have good self-care, I have been going outside when I can and working out because I no longer have sports to keep me in shape. I've also been taking better care of my hair and skin.



Psychology Today has also identified 12 ways to take better care of yourself:

<https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>

HealthyChildren.org

Given the tragic and racially-charged current events, many parents are wrestling with their own feelings, the hopes they have for their children, and the difficulty of helping those children thrive in a world full of racial bias. HealthyChildren.org has identified ways for parents to develop a better understanding of how racial bias works in children, as well as strategies to help them deal with and react to racial differences.



<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>

Boys & Girls Clubs of America

This is a very challenging time we are facing in America. The stress from the COVID pandemic, along with the protests and demonstrations occurring across the nation, can be very overwhelming. This is especially true for teens, who have a front row seat on social media, as these situations unfold before their eyes. It can often be difficult to have conversations with teens regarding traumatic events within their community. The Boys and Girls Clubs of America have provided tips on how to initiate dialogue with young people regarding current events.

<https://clubexperience.blog/2020/05/29/addressing-current-events/>



EDUCATIONAL RESOURCES

Diverse Books for Children

Research from Harvard University suggests that children as young as three years old, when exposed to racism and prejudice, tend to embrace and accept it, even though they might not understand the feelings. By age 5, white children are strongly biased towards whiteness. To counter this bias, experts recommend acknowledging and naming race and racism with children as early and as often as possible.



Children's books are one of the most effective and practical tools for initiating these critical conversations; and they can also be used to model what it means to resist and dismantle oppression. Beyond addressing issues of race and racism, the two children's reading lists below focus on taking action. They highlight resistance, resilience, and activism and seek to empower youth to participate in the ongoing movement for racial justice. These books showcase the diverse ways people of all ages and races have engaged in anti-racist activism, and they highlight how race intersects with other issues, such as capitalism, class and colonization.

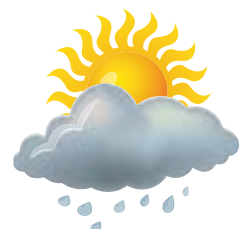
<https://www.embracerace.org/resources/26-childrens-books-to-support-conversations-on-race-racism-resistance>

<http://hereweeread.com/2017/11/2018-ultimate-list-diverse-childrens-books.html>

Weather Science

You know what they say about the weather in Ohio, "Wait ten minutes and it will change." If you have an interest in the science of weather, check out this website and try some experiments.

<https://www.nbcphiladelphia.com/weather/weather-education/>



Teachable Moments

A teachable moment is a stage in a child's development where he or she is most receptive to learning a certain concept or skill. It is a quick moment in time when your child's interest in a subject is at its highest, usually because of a conversation or situation they are curious about. Teachable moments are often spontaneous, so try to be on the lookout and prepared to find ways to make use of them. They often come in the form of questions from your child: What is thunder? Why do cats sleep so much? How come leaves change colors? If you have answers ready for these questions, great! If not, you can help your child find the answers in a book or by researching it on the internet together.



However, you don't have to wait for your child to show an interest in something to have a teachable moment. You can create them too! Here are some ways to create teachable moments:

- **Read Together** – Read books together as a family and discuss the plots and characters.
- **Grocery Store** – An opportunity to learn money and budgeting skills, promote knowledge of food groups, and practice reading and writing by making lists of items needed.
- **Stories** – Tell your child stories about your own life as a child.
- **Family History** – Look at old photographs or genealogy charts.
- **Cook Together** – Reading and math skills abound when you share kitchen time together.
- **Music** – Listen to music and talk about the lyrics, melody, different instruments...etc.
- **Movies & TV** – Discuss themes and messages, news stories, or even commercials together.

Finally, just a few tips on how to get the most out of teachable moments:

1. **Keep it simple** - Focus on the big value or lesson you're trying to teach and explain it in one or two sentences, using kid-friendly words.
2. **Use it sparingly** – Your kids are going to tune you out if everything becomes a “lesson.” Keep the information fresh and relevant by teaching when it makes sense.
3. **Invite conversation** – Especially about the big, important topics. Even if your child disagrees with you, you can model how to have a respectful disagreement.

Media Literacy

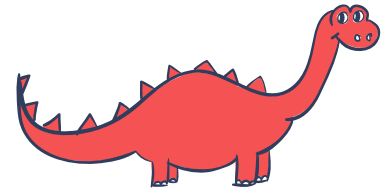
Media literacy is the ability to identify different types of media and understand the messages they're sending. Kids take in a huge amount of information from a wide array of sources, far beyond the traditional media (TV, radio, newspapers, and magazines) of most parents' youth. There are text messages, memes, viral videos, social media, video games, advertising, and more. But all media shares one thing: Someone created it. And it was created for a reason. Understanding that reason is the basis of media literacy.

The digital age has made it easy for anyone to create media. We don't always know who created something, why they made it, and whether it's credible. This makes media literacy tricky to learn and teach. Nonetheless, media literacy is an essential skill in the digital age. Common Sense Media have provided tips for deconstructing media messages and becoming more media literate, especially as it relates to conversations with youth.

<https://www.common sense media.org/news-and-media-literacy/what-is-media-literacy-and-why-is-it-important?>



ACTIVITIES



Walking with Dinosaurs

If you have an interest in dinosaurs, check out the BBC Series *Walking with Dinosaurs*. It takes the viewers right into the dinosaur world.

<https://www.bbcearth.com/walking-with-dinosaurs/>

Activities of All Kinds

The links below are a mix of indoor and outdoor activities, because the weather can sometimes be a challenge. The first 2 links include low to no supply activities, for the ease of not having to run to the store.

When planning and executing activities with your kids, it is important to remember that it does not have to be perfect. Be sure to watch your child and see what their level of interaction with the craft is on that day. If you choose to build a rain stick and they just want to color the outside for now, that is fine. Just revisit in a few days to finish. Is it really worth the battle to finish now versus having a content and entertained child?

Low-to-No-Supply Activities:

<https://www.parents.com/fun/activities/outdoor/cheap-summer-fun/>

<https://www.care.com/c/stories/3882/13-crafts-for-kids-to-make-with-3-supplies-or/>

A mix of all activities:

<https://redtri.com/things-to-do-with-kids-during-summer-vacation/slide/3>

Indoor activities:

<https://www.whatdowedoallday.com/indoor-family-games/>

PARENT/GUARDIAN RESOURCES

Home Schooling Tips

School is out for the summer, but who knows what school will look like next year. Here are some tips in case you will be doing more homeschooling in the coming year.

<https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>