

# 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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# NATIONAL BIKE MONTH



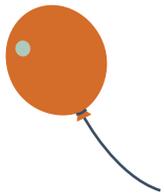
## National Bike Month

Did you know that May is National Bike Month? Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling, and encourage more folks to give biking a try. Whether you're riding for fun, fitness or with family, you are part of a movement for safer streets, connected communities, a healthier planet, and happier people.

The National Bike Challenge 2020 kicked off May 1st and runs through September. While many of us across the country are in 'lockdown' at this time, going out for a bike ride is a great way to get some exercise, enjoy some fresh air and feel connected with the world around us. Registration is free for the National Bike Challenge, and is a great way to connect with friends and co-workers, while also encouraging and supporting each other to ride.

The challenge is open to existing/new riders, businesses, cities/counties/states, advocacy groups, and social clubs and groups. You can set goals, track your progress, and compete for prizes (if you choose). This is a great way to connect with others and build camaraderie and community, while supporting each other to achieve goals.

<https://www.lovetoride.net/usa>



## CELEBRATIONS



Birthdays and the end of the school year are usually times to celebrate with friends and family. But, since most of us are practicing social distancing, those typical gatherings aren't exactly possible. Instead, we have to think outside of the box and get creative to make our family and friends feel like royalty on their special day/time in their life. It might not be what you originally had in mind, but with a little creativity, you can still make it memorable.

**Camp out** - Sure, state campgrounds are closed, but that doesn't mean you can't camp out! You can still set up a tent in your backyard or even your living room and roast marshmallows at your fire pit (or even in the oven). Don't have a tent? Blow up some air-mattresses or lay out the sleeping bags, then gather all your blankets and pillows and snuggle up as a family for the night in the living room together.

**Bake together.** Since we all have a little extra family time on our hands right about now, why not spend it baking your own cake together? Can't find flour? Try making homemade ice cream (you don't even need an ice cream machine). It doesn't have to be anything fancy. Kids will love participating and getting the chance to put on as many sprinkles as their little heart's desire.

<https://www.foodiecrush.com/how-to-make-easy-no-churn-ice-cream/>



**Make your own decorations.** Party supplies might be hard to come by right now, and going out to get them isn't exactly an "essential" errand. But that doesn't mean you're out of luck. You can make lots of decorations with items you already have at home or find free, easy printables online. Get your kids involved so they feel included in the fun.

<https://www.pinterest.com/jgoode/printables-birthday/>

**Steal from other holidays.** Dig out some other holiday décor and make your kiddo feel extra special on his or her big day. String Christmas lights around the interior of your home. Do a post-Easter egg hunt. Put every Valentine's Day decoration that you have in your child's room so that they feel the love. If your kid is into spooky things, grab all your Halloween spiders and bats and hang them from the ceiling. Just adding a bit of extra glam to the house on their behalf will make any kid feel special.

**Scavenger hunt.** Whether you are trapped in your house or are still able to venture outside for walks, spend a little time creating a unique scavenger hunt. Make a list of items they need to locate around the neighborhood. When they find them all it can be cupcake time! If you are at home, hide clues around the house that lead your child to their gifts. Print out or draw pictures of the items if your little one is too young to read.

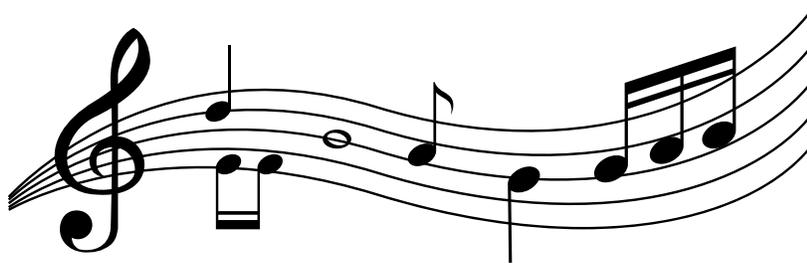


**Obstacle course.** Use items around your home to create a long and intricate obstacle course for your kids. Place pillows across the floor for kids to jump over. String yarn or streamers along hallways for the birthday kid to maneuver through without touching. Make them run up and down the stairs a thousand times to get all that energy out. Winner gets the first piece of cake, or any other tasty treat.

**DIY bounce house.** Remember those air mattresses from your campout? Keep those out and let your kid break the rules just this once and jump until they just can't jump anymore on their special day. The novelty of being able to do something that is normally a no-no will make their day extra special.



**Write a song.** Kids are always humming and singing to themselves. Why not write down their lyrics and add some of your own about how special your child is? If you are musically inclined, put your new song to music and jam out as a family.



# ACTIVITIES

## Origami

If you've ever made a paper airplane, it might be time to take your paper folding skills to the next level by giving origami a try.

<https://www.origamiway.com/easy-origami-elephant.shtml>



## Teaching

Want to teach family members something new? Give a three or four minute report at dinnertime on any subject you choose. It can be anything from aardvarks to zombies. It only takes a few minutes to do the research and a few minutes to report.

## Stress Relief Activities

Being able to go out and escape the stress of the news and life can benefit everyone. These activities are great ideas for the kids. Let's face it... right now, we could all use some of these fun distractions and relief.

<https://www.kidsyogastories.com/spring-activities-for-kids/>



## Outdoor Activities

There are a wide range of activities to be done in the great outdoors, even when that may be limited to your backyard. Use this link to look for outdoor ideas and plans so that you will be setup for success.

<https://artfulparent.com/30-spring-activities-for-kids/>

# S.T.E.M.

Time to put on your engineering caps and build a bridge out of Popsicle sticks. If you can't get Popsicle sticks, think outside the box and use materials at home.

<https://tryengineering.org/teacher/popsicle-bridge/>

Put your problem solving skills to the test by doing an egg-drop project. If you want more of a challenge, make it so you have to see half of the egg at all times.

<https://buggyandbuddy.com/stem-kids-egg-drop-project/>



WOSU TV has programming for all ages with shows on nature, news, science, social studies, and world history. <https://www.pbs.org/>

If you are running out of things to do inside, here are some ideas for simple STEM activities outside. Some only require a couple items, with more detailed plans for older kids.

<https://www.ymca.net/summer-buzz/six-simple-outdoor-stem-activities>

Here are some messy and not so messy science activities for those sunny days. These range from no supplies to more planning needed. Some of these will even work great with just a few minutes to plan, if you need something quick to do for fun.

<https://www.weareteachers.com/outdoor-science/>



## CULINARY CREATIVITY

You may have heard the expression, “The way to a person’s heart is through their stomach.” Well, that is kind of true! Cooking can be a great way to show kindness to others, from making something that others enjoy to helping reduce the workload for the primary cook in the house. Use the following acronym to get yourself thinking about kindness in the kitchen while you are at home and aren’t able to run out for meals as much as you used to.

**C**ooking for any occasion always involves the same first step, and we have all gotten very good at it: Wash your hands! Don’t forget to wash your hands and work surfaces during cooking.

**U**nable to visit your favorite bakery? Celebrate special occasions by baking your own cake. If you have never done this before, you might want to start with an easy box cake, but you can get very creative with the decorations.

**L**earn to cook an egg three different ways. Vegan? Try your hand at home-made seitan. Check online for tutorials if no one at home can teach you.

**I**dentify the person in your home who does most of the cooking, and offer to help them plan a meal. You might be surprised how much math, science, reading, and sometimes history is involved!

**N**ever forget to involve younger siblings. Many little ones can help with stirring, washing vegetables, taste testing, measuring, and more.

**A**n anyone can make a cook book, even you! Make a collection of your favorite recipes and links to cooking instruction. There is so much out there, so make a journal so that you can remember and refer back to everything you have discovered.

**R**esearch a recipe and try to make it. Ideas might be: a parent’s childhood favorite dish, something from another county, a way to make a can of soup more interesting...anything!

**Y**ummy treats don’t always have to be cooked. Invent a snack, appetizer, or dip using ingredients you already have within your home. Experiment with different food and spice combinations.



# PARENT/GUARDIAN RESOURCES

Many Military Families are uniquely prepared for the changes in our lives caused by COVID-19. The past couple of months with daily routines ever changing and learning to adapt can easily be compared to the changes and transitions experienced during a deployment or extended trainings. Now, as stay at home orders are relaxed and lifted, the reflection of post separation adjustments can be made. We are returning to “normal” and that will likely feel familiar to families that have experienced reunion after separation. Below are some links to offer ideas to help the family and kids with this.

<https://www.strong4life.com/en/pages/behavior/articles/helping-your-child-cope-with-change-and-loss>

<https://www.brighthorizons.com/family-resources/helping-children-deal-with-change-and-stress>

The following link is about post-deployment reunion, and there are many parallels between this and the anticipation of reconnecting with friends, family and returning to life outside of the house.

<https://www.militaryonesource.mil/military-life-cycle/deployment/returning-home-from-deployment/returning-from-deployment-helping-your-family-transition>

Below is a great link with information from Dr. Ken Ginsburg, a leader in the world of youth and teen resilience and behavior. This website is full of great information and tools to help.

<http://www.fosteringresilience.com/7cs.php>



## EDUCATIONAL VIDEO GAMES

“Screen time” is defined as activities done in front of a screen such as watching TV, working on a computer, or playing video games. Too much screen time, especially when it comes to video games, can make it difficult for children to sleep at night, raise their risk for attention problems, and also increase their risk for gaining too much weight given the sedentary nature that video games provide. Limiting screen time is important, but can be challenging during quarantine.

While video games have the reputation for being mindless entertainment, they can enrich the imagination and teach essential skills to children. The simple objectives, diverse characters, and vibrant worlds can draw a child in and teach them communication, teamwork, and responsibility. The list below features mobile apps, PC and video games that can educate and entertain your child while everyone is stuck at home:



**The Little Big Planet** – Available on multiple platforms, this game allows players to create their own level, customize characters and build complex contraptions while avoiding obstacles to make it to the next level.

**Portal** – This game might be a bit scary or difficult for players under 9, and follows an unnamed person in a secret research facility who is led through a series of dangerous tests. To achieve success, kids will need to use logic, problem solving, physics, math, science and spatial skills. Portal is available on PC, Xbox, PlayStation, and PC.

**World Rescue** – This game was developed with the help of the United Nations Educational, Scientific and Cultural Organizations. Kids will help five heroes solve problems like displacement, disease, deforestation, drought and pollution. You can play World Rescue on Android or iOS.

**Eloh** – This app teaches kids without them knowing they are being taught. Eloh is a beautiful, musical puzzle game that teaches trigonometry in its basest form, angles and critical thinking. Available on Android or iOS.

**Kerbal Space Program** – Available on multiple platforms, this rocket simulation game focuses on a space program for an alien race. As kids build rockets and launch their aliens into space, they will use physics, knowledge of the solar system, mathematics and basic aerospace engineering to achieve success.

**Minecraft** – Undoubtedly, you may already have kids who play this immensely popular game. Minecraft allows players to build worlds by exploring, gathering resources, and crafting tools. Minecraft teaches teamwork and the motivation to improve reading and math skills. The game is available on almost every platform imaginable.



# SELF CARE BINGO

## SELF-CARE BINGO

SPEND TIME ON A HOBBY	GO FOR A WALK OUTSIDE	WATCH A MOVIE	LEARN A NEW SKILL	SOCIAL MEDIA FREE DAY
EXERCISE	LISTEN TO MUSIC	JOURNAL FOR A FEW MINUTES	SUPPORT A LOCAL BUSINESS	BE CREATIVE
PLAY A BOARD GAME	MEDITATE	FREE SPACE	MAKE A VISION BOARD	LISTEN TO A PODCAST
SPEND TIME WITH A FURRY FRIEND	CALL TO CHECK ON SOMEONE	CLEAN YOUR SPACE	RELAX	TRY COOKING A NEW RECIPE
TAKE A NAP	READ A BOOK	WORK ON A GOAL	VIDEO CHAT A FRIEND	DANCE

NRD.GOV