

ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

This compilation of resources was published each week from 3/20/2020 to 6/12/2020 and now will be published every other 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 17:

Educational Resources (pages 2, 3, 4)

Military Resources (pages 4, 5)

Choose your Adventure calendar (page 6)



EDUCATIONAL RESOURCES



The Planetary Society

In 1980, Carl Sagan, Louis Friedman, and Bruce Murray founded The Planetary Society, which is the world's largest and most influential nonprofit space organization. Today, The Planetary Society is under the leadership of CEO Bill Nye, and is supported by over 50,000 members in over 100 countries, and by hundreds of volunteers around the world.

Their mission is to empower the world's citizens to advance space science and exploration. They advocate for space and planetary science funding in government, inspire and educate people around the world, and develop and fund groundbreaking space science and technology. The Planetary Society introduces people to the wonders of the cosmos, bridging the gap between the scientific community and the general public to inspire and educate people from all walks of life.

The hyperlink below will connect youth to a wide variety of space-related literature. There are a number of books that commemorate the Apollo 11 moon landing, while others deal with space exploration in general. Hopefully this list of books will inspire youth to literally reach for the stars.



<https://www.planetary.org/articles/recommended-kids-space-books-apollo>

Smithsonian Distance Learning

The Smithsonian is committed to supporting teachers and their students around the globe as they face unprecedented new learning challenges. Here, on the Learning Lab, teachers have access to millions of digital resources from across the Smithsonian's museums, research centers, libraries, archives, and more. You will also find pre-packaged collections that contain lessons, activities, and recommended resources made by Smithsonian museum educators as well as thousands of classroom teachers. Parents and caregivers can also access the content free of charge.

USA TODAY NETWORK and the Smithsonian are also collaborating to bring a summer activity guide, featuring puzzles, games and at-home activities, to K–8 learners. The “Summer Road Trip” at-home activity guide, which includes bilingual Spanish/English language content, offers learners opportunities to explore topics in STEM, history, and the arts. You can download the activity guide using the link below:

<https://learninglab.si.edu/distancelearning>

Military OneSource Education Consultant

Whether you are considering going back to school, your 5-year-old is starting kindergarten, or your 20-year-old is heading back to college, an education consultant at Military OneSource can ease back-to-school transitions. These free and confidential one-on-one sessions with a professional knowledgeable about education resources can give both your child and you a shot of confidence. Consultants look into education options for you, refer you to education services that best meet your needs, and connect you to a wide variety of resources. They can answer your questions and provide information about services and benefits.



You can arrange a consultation for help with:

- Referrals to in-home tutors and tutoring centers in your area
- Public and private school information if your family is moving
- Locating schools and institutions that offer your desired degree or other criteria
- Connecting you with education providers who may help you determine if their school is a good fit
- Sources for financial aid and scholarships
- Profiles on specific colleges and their credentials
- Finding military-friendly schools and institutions that allow you to transfer previous college credits
- Help getting your credentials converted and diplomas translated to meet specific state or country requirements
- Contact information to help eligible military spouses find tuition assistance for certification through the MyCAA Scholarship
- Information on the SAT and ACT test preparation programs

<https://www.militaryonesource.mil/confidential-help/specialty-consultations/education/plan-your-future-with-a-military-onesource-education-consultant>



Military Child Education Coalition: Virtual Learning Opportunities

The Military Child Education Coalition offers learning opportunities for professionals in a variety of different formats. The hyperlink below will take you to a series of eight TedEd Lessons focused on the unique aspects of military and veteran-connected children and their quest to be college and career ready by the time they graduate from high school. Each lesson includes a short video, in-depth content area, discussion forum, and brief assessment for understanding. These lessons are designed for education professionals, child and youth professionals, parents and anyone who has an interest in supporting the children whose parents serve us all.

<https://www.militarychild.org/programs/virtual-learning-opportunities>

MILITARY RESOURCES

Purple Heart Day

Purple Heart Day – August 7: www.thepurpleheart.com/events/

Purple Heart Day is observed August 7th for Americans to pause to remember and honor the brave men and women who were wounded on the battlefield or paid the ultimate sacrifice with their lives.

In honor of Purple Heart Day, www.facebook.com/NationalPurpleHeartHallofHonor/ will host a 3-part, 3-minute video series:

- August 7 – “The Badge of Military Merit, the Inspiration for the Modern Purple Heart”
- August 8 – “History of the Purple Heart from WW1 – 1942”
- August 9 – “The Evolution of the Purple Heart from 1942 to Present Day”



MindUp

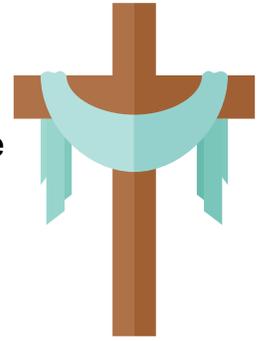
Since 2003, MindUp has been helping children develop the mental fitness necessary to thrive in school and throughout their lives. MindUp is the signature program of The Goldie Hawn Foundation, a not-for-profit organization created in response to the global epidemic of childhood aggression, anxiety, depression and suicide. Based firmly in neuroscience, MindUp gives children the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.

<https://mindup.org/>



Operation: We Are Here

Operation: We Are Here is a faith-based organization providing a variety of resources for the military community and military supporters. Their mission is to create an awareness of the challenges of the military community. They offer practical suggestions to churches, communities, and individuals on how to support and encourage the military community. They provide a comprehensive list of resources for the military community (active duty, veterans, their families) and its supporters.



For parents thinking of keeping their child home for part or all of the upcoming school year, Operation: We Are Here provides a number of military home school resources for parents and teachers, as well as educational resources about Memorial Day, Veterans Day, and the U.S. military in general.

<https://www.operationwearehere.com/militaryhomeschoolresources.html>

What Will Be Your Legacy Month: August

These are tips for building resiliency and celebrating What Will Be Your Legacy Month:

- Consider the legacy that you have been left. Are there ones that you want to pass along to those around you?
- Consider the legacy that you are leaving. What values are you passing forward?
- Not sure - check out a character traits list and evaluate what words would best describe you. Let those who are important in your life know about the impact they have had on you.

<https://blog.eldersong.com/2020/07/Family-legacy-August-activity-ideas/>



CHOOSE YOUR OWN ADVENTURE

August 2020

- | | | |
|--|--|---------------------------------|
| 1 - Campfire Day | 11 - Son and Daughter Day | 21 - Senior Citizen's Day |
| 2 - Friendship Day | 12 - Middle Child's Day | 22 - National Tooth Fairy Day |
| 3 - National Watermelon Day | 13 - Left Handers Day | 23 - Ride the Wind Day |
| 4 - Chocolate Chip Cookie Day | 14 - National Creamsicle Day | 25 - Ntl. Banana Split Day |
| 5 - National Underwear Day | 14/15 - V-J Day celebrating
the end of WWII | 26 - National Dog Day |
| 6 - Wiggle Your Toes Day | 15 - Ntl. Bee Awareness Day | 27 - Global Forgiveness Day |
| 7 - National Lighthouse Day | 16 - National Tell a Joke Day | 29 - International Bacon Day |
| 8 - National Clown Day | 17 - National Thrift shop Day | 30 - Toasted Marshmallow
Day |
| 9 - Book Lover's Day | 18 - World Daffodil Day | 31 - National Eat Outside Day |
| 10 - National S'mores Day | 19 - Aviation Day | |
| 11 - 13 Annual Perseid
Meteor Showers approx. | 20 - National Radio Day | |

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2	3 	4	5 Ntl. Underwear Day	6	7 Ntl. Lighthouse Day	8
9 	10	11 Son and Daughter Day	12	13 Lefty Day	14	15 
16 Tell a Joke Day	17	18	19	20	21	22
23 	24	25	26 	27 Int. Day of Friendship	28	29 Int. Bacon Day
30	31					

What day of the month were you born? Find that day in August and create a fun celebration! After, do you take an outdoor adventure (pg. 8-10) or start creating a new habit (pg. 2-3)?