

# 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 3 (4-3-2020):

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# OMK FACEBOOK

## Stay Connected

Help Ohio Military Kids share how you and your family are making use of your time at home together. Show everyone any fun, educational, or interesting activities you have been engaging in by sharing them to the OMK Facebook page. Feel free to include a photo of the activity (if you wish), but please make sure it is appropriate for public viewing. The activities and photos that you share could generate ideas for other military families to try.

<http://www.facebook.com/OhioOperationMilitaryKids>



## Neighborhood Art Show:

If your neighborhood or community has a way to send out mass communications (Facebook, email...), you could organize a Neighborhood Art Show. Each day would feature a different theme: silly faces, animals, flowers, encouraging words, and the list goes on. Kids could then create theme based artwork to display on front doors or windows. As families are out and about getting some fresh air and exercise, they would have the opportunity to view some fun, inspiring and unique artwork.

If your neighborhood or community does not have a way to communicate, you can simply “Chalk Your Walk.” The “Chalk Your Walk” movement aims to create a positive path of messages during this difficult time by having families draw pictures and share inspiring messages on their driveway or sidewalk, using chalk. This is a no-contact way to support and connect with your neighbors.

## Kennedy Center Arts

Join the Kennedy Center Education Artist-in-Residence at Home as Mo Willems invites you into his studio every weekday at 1 p.m. Eastern Time to draw, doodle and explore new ways of writing.

[kennedy-center.org/education/mo-willems](http://kennedy-center.org/education/mo-willems)



# INTERNET SERVICES

Most of our resources require internet access to see the content. If you currently do not have internet, you may want to look into this offer.

**Charter-Spectrum** announced it will offer free access to broadband and WiFi services to households with students who do not already have the services. The company says free broadband and Wi-Fi access will be available for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. Interested families can contact the following number to receive more information and set up an account: 1-844-488-8395.



Virtual trips to the zoo (including live animal and sea life cams), national parks, space museums, and even a field trip to Mars, there are an amazing amount of online field trips you can take your family on right from home! Follow the link for a list of some of the best online virtual field trips available:

<http://howtohomeschoolforfree.com/huge-list-of-virtual-field-trips>

# CARD GAMES



The value of children playing cards with their parents is not just mere entertainment. Card games hold a number of vital sociological as well as developmental benefits, particularly when parents play games together with their children. Card games are an excellent way to teach patience and good sportsmanship, motor and listening skills, concentration, and academics.

They are also a way to improve family relationships. Strengthened family relationships are one of the most important benefits of game play between parents and children. Children thrive when their parents spend time interacting with them, and card games provide a great opportunity for interaction between all family members.

Please follow the link below for a list of 40+ games, with instructions, for kids of all ages.

<https://playingcarddecks.com/blogs/all-in/40-great-card-games-for-all-occasions>

# MOVIES & BOOKS

## Is that movie or book right for our family?

Common Sense Media is a non-profit organization that “provides education and advocacy to families to promote safe technology and media for children.” One of the services they provide are ratings for movies, TV shows, books, and more so parents can feel good about the entertainment choices they make for their kids.

<https://www.commonsensemedia.org>

## Great Movies for the Family to Enjoy

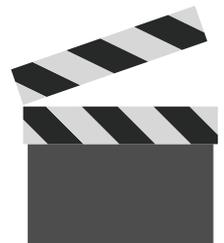
**The Goonies:** This coming-of-age '80s classic has got it all: hidden treasure, everlasting friendship, and edge-of-your-seat thrills! The bad guys are a little scary, so we recommend saving this one for kiddies ten years and up.

**The Incredibles:** In this 2004 animated film, the Parrs are just trying to live a normal, quiet suburban life. But that's not exactly easy when you're a family of undercover superheroes. Kids of all ages will love watching to find out if these guys manage to save the world from a superhero wannabe.

**The Greatest Showman:** Get into your comfy clothes and bring out the popcorn because this family-friendly musical will keep everyone entertained. Hugh Jackman plays legendary Ringling Bros. and Barnum & Bailey Circus showman P.T. Barnum, on his rise into showbiz and worldwide fame.

**E.T. The Extra-Terrestrial:** Steven Spielberg's classic sci-fi story of an extraterrestrial stranded on planet Earth is pure movie magic. Parents will love the nostalgia throwback and little ones will love the adorable E.T. and his friendship with his earthling family.

**Enchanted:** A sweet musical comedy about a fairy-tale princess trying to live happily ever after in Andalusia. That is, until her evil mother-in-law banishes her to real-life New York City.



## **Great Books for Every Family to Enjoy**

The best thing about reading to your kids is that it can bring joy to the family through shared experiences that do not require you to leave the house. Reading aloud is a proven way to make better readers out of children and helps develop their interest in books. The following books are great for families to enjoy. To learn more about whether these books, or any others you might be considering, are the right age for your children, you can visit [www.lexile.com](http://www.lexile.com) to gauge readability levels:

### **“BRIDGE TO TERABITHIA” BY KATHERINE PATERSON**

Two children create a magical forest kingdom and open your little one’s eyes to the boundlessness of imagination.

### **“HAROLD AND THE PURPLE CRAYON” BY CROCKETT JOHNSON**

Harold, a precocious four-year-old, has the ability to create his own world by simply drawing it with a magical crayon.

### **“ROSIE REVERE, ENGINEER” BY ANDREA BEATY**

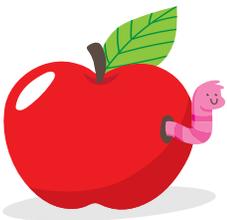
A brilliant inventor dreams of becoming a brilliant engineer in this awesome book about bouncing back from failure (and girl power).

### **“AMELIA BEDELIA” BY PEGGY PARISH**

This lovable maid takes everything literally, getting her into all sorts of trouble. Luckily, she bakes really delicious pies to make up for it.

### **“LITTLE HOUSE IN THE BIG WOODS” BY LAURA INGALLS WILDER**

Based on the author’s own Midwestern childhood in the late 1800s, this start to the Little House on the Prairie series will make kids realize how different things were before Snapchat and the Kardashians.



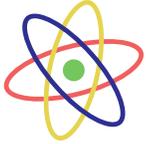
## **AMAZON AUDIBLE**

**Amazon** is offering its Audible for kids (audiobooks) FREE while schools are closed! Kids anywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet. Visit the website below to explore the collection, select a title and start listening. It’s that easy!

This could also serve as a great resource for a struggling reader to read along if you have the same books in print.

<https://stories.audible.com/start-listen>





# SCIENCE LEARNING

Every weekday at 1 p.m. EST, the **California Science Center** is livestreaming “Stuck at Home Science,” a new video series of science activities you can do at home.

<https://californiasciencecenter.org/stuck-at-home-science>

Teen science fans will nerd out over **Nova Labs at PBS**, where they’ll discover multimedia experiences that combine video, animation and games to delve into fascinating scientific topics, such as polar ecosystems, solar storms and renewable energy.

<https://www.pbs.org/wgbh/nova/labs/>



“**Space Racers**,” an animated series for preschoolers about spacefaring cadets at the Stardust Space Academy, also offers science-based lessons, games and space-related educational activities that families can explore together.

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

**Ranger Rick**, the children’s magazine of the National Wildlife Federation, is making its website free to all visitors through the end of June. Free Ranger Rick Educator’s Guides and Ranger Rick Jr. Parent Reading Guides are also available to parents and educators.

<https://rangerrick.org/stuck-indoors/>

# PARENT/GUARDIAN

School closed due to the coronavirus? Tips to help parents cope with having everyone home.

<https://www.health.harvard.edu/blog/school-closed-due-to-the-coronavirus-tips-to-help-parents-cope-2020031819238>

Parents, maintaining your health physically and mentally is paramount during this time. One of the easiest to neglect is our mental health as mood and emotion can be easy to dismissed and pushed aside, when we must give it due focus to remain effective in our personal and professional lives.

<https://emergency.cdc.gov/coping/selfcare.asp>

Many students who never planned on distance or e-learning are now in a situation that likely feels very foreign. There are ways to succeed at this new adventure and to gain experience that can apply later.

<https://www.northeastern.edu/graduate/blog/tips-for-taking-online-classes/>

<https://www.distancelearningportal.com/articles/172/7-ways-distance-learning-builds-career-success-while-you-study.html>