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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Ohio Science Connections

Science at Home
Even though Science Centers throughout Ohio are temporarily closed, the learning and enjoyment doesn’t need to stop. The links below will allow kids of all ages to continue making scientific connections and discoveries from the comfort of their home.

COSI (Center of Science and Industry) Connects - COSI’s Digital Doorway for fun at-home science discovery and learning. Every day, COSI is delivering fresh, exciting and engaging science through videos and hands-on activities you can try with your family at home. Follow and like COSI on social media channels to find out what the daily science activity is going to be and sign up for their email for a weekly digest of the week’s activities. https://cosi.org/cosiconnects

Great Lakes Science Center (Cleveland)
Curiosity Corner LIVE is the Great Lakes Science Center’s newest virtual learning resource. By following the link below, you and your family can gain access to live and interactive science videos daily, behind the scenes NASA explorations, science blogs, DOME theater movies for free at home, and various STEM related activities and puzzles. https://greatscience.com/curiosity-corner-live

Toledo Imagination Station
The Imagination Station in Toledo is your science resource for hundreds of science videos, resources, and DIY activities you can do at home. https://www.imaginationstationtoledo.org/exhibits/science-activities-DIY

Boonshoft at Home (Dayton)
The Boonshoft Museum of Discovery presents an online learning experience for all ages! The link below features DIY Science Activities with easy to get materials, step by step instructions, a basic science explanation for families to download (if needed), and virtual programming! https://www.boonshoftmuseum.org/experience-more/digital-programming/
OHIO ART CONNECTIONS

Art Museums throughout Ohio continue experimenting with new ways of virtually gathering, cultivating creativity and play, and building community resilience and connection together. Now more than ever, creativity and connection are needed. Please explore these links and continue enjoying great art with great experiences for everyone – wherever you may be:

Canton Museum of Art - https://www.cantonart.org/fromhome
Cincinnati Art Museum - https://www.cincinnatiartmuseum.org/art/exhibitions
The Cleveland Museum of Arts - https://www.clevelandart.org/home-where-art-stay-connected
Columbus Museum of Arts - https://www.columbusmuseum.org
Toldeo Museum of Arts - https://www.toledomuseum.org/tma-home

Ohio Historical Society
The Ohio Historical Society has developed a number of engaging and educational history resources that you and your family can easily access on their website. As the subject experts on Ohio’s history, they are providing you with content you can use with your student(s) at home to keep them engaged and learning. Resources are organized by grade level for convenience (K-12), and also feature adult education resources. https://www.ohiohistory.org/learn/education-and-outreach/learn-at-home

MOVIES AND BOOKS

Great Movies for the Family to Enjoy

Annie: If your kids like to complain about doing their chores, wait until they see what poor Annie has to put up with. There have been a few versions of this musical rags-to-riches story, but the 1982 rendition, with its unforgettable characters and catchy tunes, is the best.

The Land Before Time: Bring out the tissues for this sweet flick that follows orphaned Brontosaurus Littlefoot and his dino pals as they journey to the Great Valley to reunite with their families.

Hugo: Your kids may be too young for Goodfellas, but Martin Scorsese’s kid-friendly flick is just as entertaining. This ode to cinema set in a romantic Parisian atmosphere has enough adventure, mystery and laughs to keep kids of all ages enthralled.
Homeward Bound – The Incredible Journey: Make room on the couch and let your furry friends watch this uplifting adventure film with you as lovable pups Shadow and Chance and kitty cat Sassy journey across the country to be reunited with their humans.

Spirited Away: This animated film’s beautiful and surreal animation about a young girl trying to save her family after they’ve all been turned into pigs by an evil witch will captivate audiences of all ages (you might even enjoy it more than your kids).

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.

"CHARLOTTE’S WEB" BY E.B. WHITE
The best way to teach kids about lasting friendships? Look to Wilbur and Charlotte.

"WHERE THE SIDEWALK ENDS" BY SHEL SILVERSTEIN
Slightly controversial and impressively witty, this classic collection of poetry and illustrations is an absolute joy (and requires almost zero commitment).

"BEEZUS AND RAMONA" BY BEVERLY CLEARY
The first book in Cleary’s popular Ramona series, this 1995 book follows nine-year-old Beezus as she struggles to get along with her eccentric four-year-old sister.

"MADELINE" BY LUDWIG BEMELMANS
In an old house in Paris that was covered in vines lived one of our favorite fictional heroines of all time: a quirky young girl named Madeline.

"TUCK EVERLASTING" BY NATALIE BABBITT
The concept of immortality might not be the first thing that comes to mind of when you think children’s books, but Babbitt’s novel is insightful and accessible to a younger reader.
Physical Activities the Family Can Enjoy!

As school closures have extended through May 1, it may become increasingly difficult to provide enough activity for the kids while they are at home. The American Academy of Pediatrics recommends maintaining a schedule to provide structure throughout the day. Routines help keep life organized and limit chaos, especially in times of transition. Predictable routines can benefit the entire family, especially when there is a balance between educational and physical activities. Here are some ideas to help get kids (and the whole family) moving and having fun while doing so:

- **Dance parties.** Turn on your favorite music or your child’s music.
- **Hide and Seek.** Encourage your kids to run around the house.
- **Get outside!** Although we are safer at home, we are still allowed and encouraged to get outside for fresh air, making sure we are keeping our distance from others.
- **Foot race.** Inside or out, see who can get from point A to point B the fastest!
- **Bike ride.** Head out as a family and enjoy the spring season.
- **Obstacle course.** Use furniture, tape on the floor, blankets, pillows, etc. to create an obstacle course.
- **Build a fort.** Gather all your blankets and sheets and set to build a giant fort!
- **Blow bubbles.** See who can catch or pop the most bubbles.
- **Charades.** Create your own game of charades by writing different animals, actions, etc. on index cards. Draw them out of a hat and act them out to see who can guess the most correctly.
- **Sidewalk chalk.** Pull out the chalk. Draw fun pictures or write fun sayings. You will have a colorful space when you are done.
- **Hula hoop.** This can be done inside or out! See who can keep the hula hoop going the longest.
- **Balloon volleyball.** Blow up a balloon and play a game of volleyball! You can do this inside without the risk of breaking something.
- **Yoga.** Kids love yoga! Search YouTube and you will find many great videos, some of which are created specifically for kids.
- **www.gonoodle.com** - Although screen time, this is a fun website for kids to dance along to some silly songs and move their body with different games.
- **Jump rope.** A great way for kids to have fun and stay active. If you have multiple kids at home, get them all involved in a large group jump rope or Double Dutch!
- **Backyard soccer.** Set up “goals” with sticks and play a game of soccer.
- **Catch.** Grab a baseball or football and play a game of catch outside.
- **Basketball.** Don’t have a hoop? That’s okay. Practice dribbling and passing.
The Covid-19 pandemic can be a stressful time for all. In addition to the uncertainty and stress of the global outbreak, spending time in quarantine can take a serious mental toll. Part of the reason for this, according to World Psychiatry, is the impact that quarantine has on three key elements of mental health: autonomy, competency, and connectedness. The isolation imposed by quarantine frequently leaves people feeling that they have no control over the situation. They also feel cut off from the rest of the world and unable to perform their usual duties. Here are some strategies for keeping yourself physically and mentally healthy in quarantine so you can keep fighting the good fight:

1. Don’t overindulge in unhealthy self-soothing. Wine, candy, chips, soda. All are fine in moderation. When humans are under stress (including isolation) we go into self-soothing strategies. Self-soothing strategies are ways that we calm ourselves down when under stress. Though alcohol or junk food may help your mental health in the short term, it will affect your physical health, and therefore your body’s resistance to infection.

2. Schedule time for healthy self-soothing. When working from home it can be hard to see the lines between work and downtime (in both directions). Make sure work time is used for work and downtime is kept sacred. Downtime is essential for self-soothing. Epsom salt baths, listening to music, doing yoga, exercise, meditation are all healthy self-soothing options.

3. Manage your environment. Designate an area to work if feasible. Play certain music only when you’re working, or wear “work clothes” while you’re doing work and change clothes when you are transitioning to downtime. You can change your environment with lighting, music, and clothing. Change your state by changing your surroundings.

4. Maintain your sleep routine. Whether a healthcare worker or a 9-5’er who suddenly has very little structure, sleep is going to be essential in keeping you healthy in the face of COVID-19. Make sure you’re practicing good sleep hygiene, keeping your sleeping environment cool, dark, and quiet.

5. Get sun! Vitamin D is important in the immune response. Getting sun will increase your vitamin D reserves. Opening shades and windows, sitting in sunny areas of your apartment, and even getting outside while still social distancing.

6. Get exercise! Even if it’s raining or too crowded outside to practice social distancing, exercise in your home or apartment. Wall push-ups, squats, guard circles, Superman, etc. are effective exercises with limited space. Switch between upper and lower body exercises to get your heart pumping and add a cardio component.
7. Enjoy your in-home “hydrotherapy machine.” Use your shower or bath for the therapeutic and toxin-flushing impact it can have. Hot showers/baths ease muscle tension relieving stress. Steam from hot showers hydrates the nasal passageways making you more COVID-resistant. Cold showers/baths have a plethora of benefits. Most relevant to COVID-19 resistance, cold showers/baths may lessen the intensity of illness symptoms and alleviate depression caused by social isolation.

8. Reach out for emotional support. Schedule virtual happy hours, brunches, and hangouts with friends. Schedule a virtual therapy session if isolation is beginning to wear on you.

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**FUN WITH CHALK**

**Materials Needed:**
1. Painters tape
2. Chalk
3. A surface

The surface can be a privacy fence, driveway, door, or sidewalk. First, frame the area with painters tape. The, start breaking up the area with the tape making different shapes with in the frame. Then color each individual shape with a different color. Once all of the shapes are colored in, remove the tape and enjoy the piece of art.

https://www.thepragmaticparent.com/giant-mosaic-art-chalk-art-mosaic-for-kids/

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**PARENT/GUARDIAN TIPS**

Parents, remember to take care of yourself during this time. This can be hard to accomplish with the increased demands, however is more important than ever so you can stay engaged with the family.

MILITARY ONESOURCE

Whether you want to strengthen a relationship or talk through a difficult situation, non-medical counseling from Military OneSource can help you thrive in your military life. Counseling is confidential, free and available to you and your family. Best of all, our counselors know military life, so they understand the challenges you’re facing. These services are now available via video conference as well to accommodate social distancing recommendations. Non-medical counseling is for you if you want short-term help with:

• Relationships at home
• Stress management
• Marital and communication issues
• Parenting skills
• Grief or loss

LETTERS TO VETERANS

Just because we are to stay home does not mean that we can’t serve others. This is a great service learning project for the family that is low commitment, low cost and great discussion about giving back to others.

There are over 700 Ohio Veterans living in Ohio’s two Veterans Homes. Take a few minutes and write them a letter or send them a card to let them know they are not forgotten. With nobody able to visit them, it would be nice to have some contact with the outside world other than the television.

Letters can be sent to:
Veteran, 2003 Veterans Boulevard, Georgetown, Ohio 45121 (Southern Ohio)
Veteran, 3416 Columbus Avenue, Sandusky, Ohio 44870 (Northern Ohio)
Or you can e-mail your regards to G-Activities@dvs.ohio.gov