

# 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 5:

- Stay Connected (page 2)
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# STAYING CONNECTED

## OMK Facebook

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>



## Messenger Kids

Want to keep in touch with friends and family during this challenging time? Messenger Kids is a free video calling and messaging app for smartphones and tablets. Parents control the contact list, and kids control the fun. Keep in touch with close friends and family with fun-filled features like filters and stickers. It is available to download on the App Store, Google Play, or by following the link below:

<https://messengerkids.com/>

# FUN IN THE KITCHEN



## “America’s Test Kitchen” for Kids

The kitchen is the classroom with “America’s Test Kitchen: Kids,” which is offering almost all of its online content for free right now. Among its many online offerings are salt art projects, onion chopping classes, and easy-to-follow recipes for everything from sesame noodles with snow peas and carrots to magic vanilla ice cream.

<https://www.americastestkitchen.com/kids/home>

Starting your kids in the kitchen? Here are five skills that will help them love to cook.

<https://frugalfun4boys.com/kitchen-skills-to-teach-your-kids/>

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

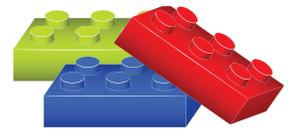
# HOME ACTIVITIES

Pool noodles are great for play and learning. They are inexpensive, versatile, lightweight and bright colored, making them the perfect craft supply and learning manipulative for kid's activities. Explore these creative pool noodle learning activities to discover how many hands on activities you can create.

<https://theeducatorsspinonit.com/15-pool-noodle-learning-activities-for/>

Legos give kids the freedom to express themselves creatively. Legos teach ratio, engineering, mathematics, and spatial awareness. Playing with Legos combats boredom and gives kids a chance to learn while they play.

<http://www.playideas.com/25-awesome-lego-activities-for-kids/>



Need something quick to do today? Check out this list of easy toddler activities.

<https://busytoddler.com/2016/11/40-super-easy-toddler-activities/>

## AllTrails - Socially-Distanced Hiking

Get outside and go on a nature walk. Spend some time on AllTrails exploring its extensive collection of hand-curated trail maps and then go for a real-life nature walk. Just please keep at least six feet away from anyone not in your family. All you need to do to get started is type in the name of your location. Kids may also get a kick out of typing in different locations to see what maps, photos, and reviews exist for places near and far from home. (Some parks and trails may be closed so check before heading out.)

<https://www.alltrails.com/?fbclid=IwAR174Ntssx6FibWVOaxWYm-i5cm1S4NKf5fafYp6gqQQBeYaLlzbYkGIRqg>

# SCIENCE AND TECHNOLOGY

## S.T.E.M. Ideas for the Backyard



These are low supply and low cost ideas to get the kids out of the house. The weather may not always be the best but there are at least a day or two a week that would make this a win for the family!

<https://theworks.org/easy-backyard-summer-stem-ideas/>

## Scholastic “Learn at Home”

Scholastic has created “Scholastic Learn at Home:” a website to help parents and caregivers enrich their children’s time at home during quarantine. The free resource will provide three hours per day of “exciting learning experiences” for the next 20 days with loads of virtual field trips, projects, author interviews, and the like. The engaging educational activities may be done in any order and are for kids from pre-K through grade 9.

<https://classroommagazines.scholastic.com/support/learnathome.html>

How about a little science in motion? Make a horse out of construction paper and watch it walk.

<https://frugalfun4boys.com/paper-horse-that-walks/>



## “Legends of Learning”

Math and Science Classroom Games

While schools remain closed, parents can access “Legends of Learning” math and science classroom games for free. Recommended for third-to-eighth graders, the curriculum-based educational games adhere to national Next Generation Science Standards, Common Core, and other criteria. But best of all — at least as far as your student is concerned — they make learning fun.

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

# MUSIC, DANCE, AND VIDEOS

## Music4Health



In support of Month of the Military Child, Music4Health is offering FREE virtual coping skills classes for K-12 starting April 14, 2020! We are appreciative of their continuous support of our military families. Music4Health is working to apply a trauma-informed system, through music, recreation, and art, to raise children’s awareness of their own resources to prevent and correct negative coping skills that lead to self-harm, depression, anxiety, violence, early pregnancy and paternity, addiction, chronic disease, and suicide. Changes in individual behavior occur when an emotional connection accompanies learning. Music activates the limbic system of the brain, which controls emotion, memory, and learning and has a unique ability to transcend the limits of spoken language. Music provides a deeper outlet for self-expression, self-discovery, and understanding, crossing all barriers of race, nationality, and culture. To learn more about this wonderful organization and to register please visit:

<https://music4health.org/classes/>

## Warm (Virtual) Hugs and Bedtime Stories with Josh Gad



Listen to Josh Gad tell bedtime stories. Josh Gad (aka Olaf) takes to Twitter nightly to read a storybook from his family’s library, and it’s just as fabulous as it sounds — maybe even more. The actor employs a host of fun and funny voices, making the characters leap off the page and into your home, and providing a perfect bedtime story ritual during these less than perfect times.

Every night at 7:30 ET, Gad goes live; past readings can be viewed again and again by scrolling through his Twitter feed:

[https://twitter.com/joshgad?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/joshgad?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

## “The Doctor Is In” to Answer Burning Questions

Speaking of dinosaurs, find out what sounds the dinosaurs really made by tuning into the YouTube Series “The Doctor Is In” with Dr. Hans Sues, the Smithsonian’s curator of vertebrate paleontology. He also answers other questions like, “Why do cats like boxes,” “Is ‘Die Hard’ a Christmas movie,” and “How did T-Rex crunch through bones?”

<https://www.youtube.com/channel/UCEoXRsqyFvc4Cuq8exbVLaw>

## Mister Rogers’ Neighborhood on PBS

He told us we could never go down the drain and reminded us to look for the helpers when things got scary. Mister Rogers’ words and wisdom remain as relevant as ever. Spend some of this uncertain time at home watching the original “Mister Rogers’ Neighborhood” with your family. Five full-length episodes are shared on the site every other week: the first Monday of every month features the early years of 1968-1975 while the third Monday of every month features the shows he made between 1979-2001. The site also has lots of other great clips, tours, articles, photos, and the chance to upload your own stories about what Mister Rogers and his show means to you.

<https://www.pbs.org/parents/rogers#morning-glory>

## Dance with Debbie Allen



Dance with Instagram Live classes! Shimmy and shake to the music with legendary choreographer Debbie Allen during one of her Instagram Live dance classes, including a special one created with self-quarantined little kids in mind.

The “Fame” star and Debbie Allen Dance Academy founder is posting classes as a way to help us move our bodies right now, and as an extension of her non-profit academy’s mission to bring dance and theater arts to young people.

<https://www.instagram.com/therealdebbieallen/>

## Mid-morning “Monster Boogie” with Laurie Berkner

Laurie Berkner is the gold standard of the children’s music world. During quarantine, the singer, songwriter, and guitar player has committed to being on Facebook Live most weekday mornings at 10 a.m. ET for “Live Berkner Breaks.” We dare you not to sing along. Bonus: You can download a “We Are The Dinosaurs” chords and lyrics sheet from her Facebook page for you or the young musician in your life.

<https://www.facebook.com/LaurieBerknerBand/>

# PARENT/GUARDIAN RESOURCES

## Keeping Up with Education

Parents, if you think that your house should look like school for 6.5 hours a day, try again. There is no one that expects parents who are suddenly helping to educate their kids at home to be perfect, so remember to be easy on yourself. Yes, you will need to support and possibly help keep your kid(s) accountable but remember mental health during this time may be the more important thing for you to help with. Checkout the tips at these links below.

<https://www.npr.org/2020/03/23/820228206/6-tips-for-homeschooling-during-coronavirus>

### SUPPORTING FAMILIES DURING COVID-19

#### Keep Your Schedules Fresh

When developing at-home schedules, try to alternate between activities kids enjoy (like playing or screen time) and less popular tasks (like chores or homework):

- ▶ Variety helps kids focus and gives parents a break.
- ▶ Remember, this also applies to your schedule: alternate between work and family time.
- ▶ Don’t forget to give yourself some “me time.”

## Morning MeditOcean

Let go of stress with a guided meditation courtesy of the Pacific jellyfish and the good people at the Monterey Bay Aquarium on their YouTube channel. Focusing on breathing and the movement of these graceful sea creatures will help people of all ages calm their bodies and minds.

[https://www.youtube.com/watch?v=5J2llsogT5Q&feature=emb\\_title](https://www.youtube.com/watch?v=5J2llsogT5Q&feature=emb_title)



## Unhelpful/Helpful things to Say When Children are Afraid

### Unhelpful

- "Don't worry everything is fine"
- "You have nothing to be afraid of"
- "This will be over very soon"
- "I promise we won't get ill"

### Helpful

- "This is hard. I understand"
- "It's normal to feel scared"
- "This may take a while. What can we do to make today a good day?"
- "Taking good care of ourselves can help us stay healthy"

