

# 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 6:

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# VIRTUAL LEARNING

## Math Skills

Looking for ways to keep your math skills sharp? Check out Math Playground for a variety of math games for grades 1-6.

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



## Geography

Test your knowledge of Geography, whether its the United States or World Geography. Plenty of games for different levels.

<https://online.seterra.com/en//usa>

## S.T.E.M. for the spring

These activities are a great way to keep those young minds engaged and exploring. These range from pretty involved to simple set up and watch. Pick the activities that are right for you.

<https://www.steampoweredfamily.com/activities/spring-stem-activities/>

<https://funlearningforkids.com/spring-science-activities/>



## Earth Day Online Activities

Help celebrate Earth Day 2020 by doing these online activities!

<https://www.space.com/earth-day-2020-home-activities-50th-anniversary.html>

# PARENT/GUARDIAN RESOURCES

## Schools Remaining Closed

As the governor has confirmed, schools in Ohio are to remain remote for the remainder of the school year. Here are tips to remaining focused.

<https://www.today.com/parents/coronavius-schools-closed-here-s-how-teach-kids-home-t175904>

<https://www.goodhousekeeping.com/life/parenting/a31668169/coronavirus-homeschool-work-from-home-tips/>

# BOOKS TO COPE WITH LONELINESS

School closures and social distancing can be a recipe for loneliness for some children. In order to help kids cope with missing out on much of their usual social interaction, parents should have open, age-appropriate talks with their children about both the coronavirus and their mental health.

To start those conversations, parents can use books written specifically about dealing with complex feelings of loneliness and isolation. Here are books that encourage children to identify their feelings and give them the social and emotional tools to process those feelings:

## **"When I'm Feeling Lonely" by Trace Moroney –**

This book explains what loneliness feels like and provides strategies for children dealing with the complex emotion. The book, which follows a bunny having a tough time dealing with loneliness, also includes a parent's guide.

## **"The Red Tree" by Shaun Tan –**

"The Red Tree" follows a little girl and a red leaf – which symbolizes hope – through somber landscapes. The simple story of sadness, searching, and loneliness ends as the girl encounters a large red leaf and smiles.

## **"The Visitor" by Antje Damm -**

This bestselling children's book centers on a woman named Elise who is afraid of leaving her house. After a paper airplane from a neighbor flies through her window one day, Elise learns the importance of connecting with those around her.

## **"Beegu" by Alexis Deacon -**

"Beegu" focuses on an alien named Beegu who is lost and lonely on Earth. She finds the world cold and uninviting, except for a few children she meets. After Beegu's parents rescue her, she tells them of her adventures and how unfriendly the big creatures were, adding that "there were some small ones who seemed hopeful."

## **"The Uncorker of Ocean Bottles" by Michelle Cuevas –**

This story involves a man whose job is to uncork bottles that wash ashore and deliver the messages inside. Although he loves his job, his greatest wish is that one day a letter will be addressed to him. When he receives an invitation to a party addressed to him, the man learns to step beyond his own loneliness and engage with others.



# VIRTUAL ZOO TRIP



## Zoos and Aquariums

Take a walk on the wild side with these fun and educational virtual zoo school trips, ideal for keeping children entertained. Many of these virtual zoo trips have educational resources such as worksheets and tasks, perfect for keeping the kids busy, guilt-free. Whether you've got a budding zoologist at home, or simply want to have Penguin Cam on in the background, check out these virtual field trips from zoos near and far.

**Akron Zoo** – Find fun facts about each of the animals living at the Akron Zoo.

**Columbus Zoo and Aquarium** – From A to Z, learn about more animals from this Columbus Zoo Animal Guide.

**Cincinnati Zoo and Botanical Garden** – Keep learning while the zoo is closed with a Home Safari video highlighting an animal each day along with an accompanying activity.

**Cleveland Metroparks Zoo** – This resource library features information on the animals living at this zoo.

**Greater Cleveland Aquarium** – Watch the sharks, moray eels, stingrays, angelfish, and a giant barracuda in a 230,000-gallon shark exhibit.

**Houston Zoo** – This zoo is home to rhinos, chimps, elephants, and even ants, and you can see them live online.

**Maryland Zoo** – Live views of penguins, giraffes, flamingos and goats, including during feeding times.



## ACTIVITIES TO DO

### Indoor Activities

Indoor activities are great to have on hand for any age this time of year. But toddlers especially seem to get antsy and need some extra hands-on attention. Here are a few activities to keep toddlers busy.

<https://handsonaswegrow.com/indoor-activities-toddlers/>

## Outdoor Activities

Spring is a great time to get the family outside and moving. You do not have to become a marathon family. Simple outdoor activities have been shown to have positive effects on stress and anxiety. It can be difficult to match activities with the abilities of younger kids. These site will help tailor to your family.

<https://www.pedseast.com/blog/posts/spring-into-family-fitness-a-guide-to-exercise-with-kids>

<https://health.gov/news-archive/blog-bayw/2018/04/promoting-family-fitness/index.html>

## Parent Resource/Activity

Want to teach your kids about money and budgeting? Here are 15 tips on how to do that, from kindergarteners to high schoolers.

<https://www.daveramsey.com/blog/how-to-teach-kids-about-money>



# TV SHOW RECOMMENDATIONS

## Netflix

### **A Series of Unfortunate Events -**

This remake of the Lemony Snicket books is absolute genius. The story was aimed at children, but this show is funny, quirky, and witty, with plenty for adults to enjoy, including a hilarious performance by Neil Patrick Harris as evil Count Olaf.

### **Lost in Space -**

This Netflix series is a remake of the 1965 sci-fi classic. Will Robinson and his family are stranded in space after they leave a dying earth. Will makes a connection with a robotic alien life form but we're unsure whether it will end up to be friend or foe. Lots of peril without objectionable content.

### **Merlin -**

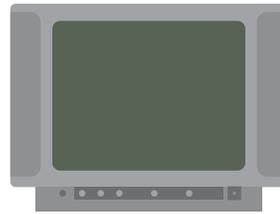
Before King Arthur was king he was the prince, and before Merlin was a great sorcerer he was just the prince's servant, in a land where magic was punishable by death. This show has knights of the roundtable, spells and sorcery, princesses and witches and all sorts of other fun stuff that kids will love, and it's pretty enjoyable for adults too.

### **Once Upon a Time -**

When Emma moves to Storybrooke, Maine, she begins to wonder if the residents are actually characters out of fairy tales. This modern fairy tale mashup incorporates characters from all the beloved childhood tales and mixes scenes set in modern day in with the fairytales themselves.

### **The Great British Baking Show -**

Contestants must make three different baked goods each episode to see who will advance to the next show and who will be eliminated. The contestants are so much more polite than contestants on most US competition shows! Plus the baking challenges are intricate and amazing.



### **Hulu**

#### **White Collar -**

An FBI agent in the white collar crimes division needs help on a case, so he turns to the expert: convicted art thief Neil Caffrey. The two work together to solve crimes and become friends, but will Caffrey return to his criminal ways?

#### **Frasier -**

This charming, witty, and generally hilarious 90's sit-com centers around the antics of Frasier, a radio psychiatrist, his brother (also a psychiatrist) and his dad (retired cop). Some slightly racy comedic moments mean this show is better for ages 13+, but it's still quite tame compared to most current sitcoms.

#### **Property Brothers -**

Twins Jonathan and Drew help couples who can't afford their dream home find a house that can be transformed into something pretty darn close.

#### **Flip or Flop -**

Husband and wife team Tarek and Christina buy dilapidated properties in southern California, often sight unseen, and transform them to resell. Will they make a profit, or will their latest flip end up being a flop?

#### **Kids Baking Championship -**

This is a lot like the other cooking shows you've seen, but the twist is that the contestants are kids between the ages of 10-13. Their cooking skills are amazing! They show off their creations while competing for a \$10,000 prize.

# THANK A VOLUNTEER

Did you know that it is National Volunteer Week? Canada led the way by first celebrating National Volunteer Week in 1943 to recognize the contributions of women on the Home Front during World War II. Celebrations dropped off after the war, and then interest resurged in the late 1960s and early 1970s. The April week of recognition was made official in 1990. National Volunteer Week debuted in the United States in 1974 and has continued to grow every year since.

Ohio Military Kids would not be the strong program that it is today without the hard work and tireless dedication of our volunteers. Words alone cannot express the impact these men, women and young adults have had on Military Youth and Families across the state.

## Ways to show your appreciation towards volunteers:

- Sharing a video message from your executive director, commending volunteers.
- Hosting an online meetup to thank and encourage volunteers.
- Scheduling a one-on-one video or phone call with key volunteers to thank them for their contributions and ask for their ideas.
- Posting a volunteer slideshow on your social media, using pictures from previous events.
- Calling volunteers to check on them and say thank you.
- Write them a "Thank You" note to show how much you appreciate them.

<https://www.wildapricot.com/blogs/newsblog/2020/03/30/national-volunteer-month>

