

# 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 7:

- Mothers Day Activities (page 2)
- Riddle Walk (page 3)
- Teacher Appreciation Week (page 3)
- Books to Cope with Loneliness (pages 3, 4)
- Movie Resources and Recommendations (pages 4, 5, 6)
- Parent/Guardian (page 6)
- Educational Video Games (page 7)
- STEM Activities (page 8)
- Indoor/Outdoor Activities (page 8)



# MOTHER'S DAY ACTIVITES

## MOTHER'S DAY (May 10)

Mother's Day is right around the corner and there are plenty of low-cost and free ways to celebrate during quarantine with your mom, grandma, aunt, or any maternal figure in your life!

- **Cook her favorite meal.** Breakfast in bed, a DIY fancy dinner – let your imagination run wild.



- **Bake or cook together.** Head to the kitchen and whip up something delicious to enjoy together.

- **Have a picnic in your yard.** After you've whipped up her favorite meal, set up a picnic in your yard to enjoy the weather. If weather doesn't cooperate, have an indoor picnic.

- **Clean the house.** It's no doubt mom does a good amount of work around the house, so give her a break today!

- **Make a DIY home décor project.** Get crafty with something your mom might have saved on Pinterest for a while. Get your supplies delivered, wrap it up in a box and surprise her with time spent together.

- **Have a mini Mother's Day parade.** If you don't live with your mom, drive by or pop up outside her window to wish her a Happy Mother's Day!

- **Enjoy a workout class together.** Get your fitness on with an at home or virtual workout. There are plenty of fitness businesses offering free online classes, and YouTube is always a great choice.

- **Host a family paint night.** If your mom loves to paint, what's more fun than a paint night at home?

- **Plant a garden together.** Now that the weather is breaking, it's the perfect chance to get outside and cultivate your yard.



### Virtual Ideas

- **Set up a date on video chat.** If the Stay at Home Order is not allowing you to see your mother, grandmother, aunt, or any maternal figure, set a video chat and enjoy a dinner together, tell them how much they mean to you.

- **Have a virtual game night.** Nowadays, you can find plenty of options for games to play with your family no matter where they are.

# RIDDLE WALK



## Take a Riddle Walk

We realize that many of you have heard during this time of isolation, "I'm bored." Try recommending a walk as a family. Encourage each family member to take a piece of sidewalk chalk and leave a riddle on a friend's driveway and sign their name so the individual knows where the riddle came from. Within an hour, we hope answers to the riddles appear on your driveway, along with new riddles for the family to solve. Each day brings new riddle sharing for kids to look forward to. The website below features over 200 riddles, of varying difficulty, that your kids can use to stay connected with their friends.

<https://icebreakerideas.com/riddles-for-kids/>

# TEACHER APPRECIATION WEEK



## Teacher Appreciation Week (May 4 – 8)

Distance learning has been a major adjustment, not just for students, but for educators as well. During these challenging times, it is important that we recognize and appreciate the role that our nation's educators play in the lives of millions of children, as they continue to inspire a lifelong love of learning and discovery.

Hopefully, your school districts have shared ways with your family to celebrate and honor educators during Teacher Appreciation Week. If not, the Parent Teacher Association (PTA) has identified simple ways to say thank you to a teacher for continuing to provide students with the tools they need to reach their fullest potential.

<https://www.pta.org/home/events/PTA-Teacher-Appreciation-Week>



# BOOKS TO COPE WITH LONELINESS

Parents can use books written specifically about dealing with complex feelings of loneliness and isolation to have a conversation with their children. Here are some books that encourage children to identify their feelings and give them the social and emotional tools to process those feelings:

**"Maple and Willow Apart" by Lori Nichols** - In Lori Nichols' funny, relatable "Maple and Willow Apart," two inseparable sisters learn to adjust to the older sister starting school. When they both have a tough time adapting to the big change, they work together to find a unique way to stay connected even when they're apart.

**"Caspian Finds a Friend" by Jacqueline Véissid** – This imaginative tale is about a boy whose biggest wish is to have a friend. When day after day goes by without finding one, he decides to take matters into his own hands and send a note in a bottle. A polar bear soon comes answering his note, and the two become best friends. Véissid's book shows children that one of the best fixes for loneliness is identifying feelings and reaching out for support.

**"Full of Empty" by Priscilla Myers and Tim J. Myers** - Princess Clare is feeling out of sorts — or, as she tells her parents, "full of empty." The fairytale follows the princess as she explores a variety of solutions to her loneliness. The best solution turns out to be one of the simplest: spending time with her parents.

**"Whale in a Fishbowl" by Troy Howell** – This tale follows Wednesday the whale, who lives in captivity but longs for the ocean, although she's never seen it. The lonely whale sets out to find her purpose, and, after an arduous series of events, reaches the ocean. Essentially, the story is about yearning to be where we belong, something that children who aren't able to take part in their usual routines may be able to relate to.

**"Life Without Nico" by Andrea Maturana** - Best friends Maia and Nico are separated when Nico has to unexpectedly move away. Bored and lonely, Maia sets out to fill her time with a new hobby and by spending time with others around her. When Nico returns, Maia worries that there may not be enough room for him, but, of course, there is.

**"Nobody Hugs a Cactus" by Carter Goodrich** – Hank is the prickliest cactus in the world. When Hank realizes that he's lonely, he comes up with a plan to get the one thing he thought he'd never need — or be able to get because of his sharp needles — a hug from a friend.



## MOVIE RESOURCES AND RECOMMENDATIONS



After a long day of working from home and online school, it can be nice to unwind as a family in the evenings and discover new, and old, TV shows. However, with the amount of streaming options available, it can be somewhat overwhelming to find a quality show that can be enjoyed by both kids and adults.

The following list features some family-friendly shows that are available and which online platform you can currently find them on. Almost all of these shows have a TV-PG or TV-G rating, but you as the parent are the best judge of what's right for your children. If you are unsure about a specific show, you can always consult Commonsense Media before viewing with your kids. They do a terrific job of reviewing content for age appropriateness.

<https://www.commonsensemedia.org>

# DISNEY PLUS



## Recommendations

**Phineas and Ferb** - Don't make the mistake of thinking this is just another obnoxious cartoon with terribly drawn kids and lots of bordering-on-crude humor. It's not. Phineas and Ferb is actually one of the smartest and funniest cartoons. Kids will love watching the crazy antics the boys get up to while their older sister desperately tries to get them in trouble, and adults will appreciate the angst of the not-so-evil Dr. Doofenshmirtz.

**Marvel's Hero Project** - Each episode of this very cool show features a young person who is making a difference in his or her community. Marvel celebrates each kid by creating a super hero inspired by them in their very own comic book.

**The Imagineering Story** - This is a multi-episode documentary that focuses on Imagineers who have created the Disney parks, beginning with the building and opening of Disneyland and running up through present day. "Documentary" might sound boring, especially to kids, but it's absolutely fascinating! It's so much fun to see what Disneyland looked like on opening day and how the company coped with and grew through so many problems across the years.

**One Strange Rock** - Hosted by Will Smith, One Strange Rock delves into the magical realities of our life on Earth. The show shares scientific explanations in an accessible and engaging way, featuring the experience of astronauts who have seen the earth from space.

# AMAZON PRIME



## Recommendations

**Just Add Magic** - Kelly and her friends love to cook, so when they find an old cookbook belonging to Kelly's grandmother, they decide to start trying out recipes. Little do they know that when they make the recipes, they are actually stirring up a magic spell with unintended consequences. Good writing, solid acting, and characters who are a fresh change from the obnoxious smart alecks in many of today kids' shows.

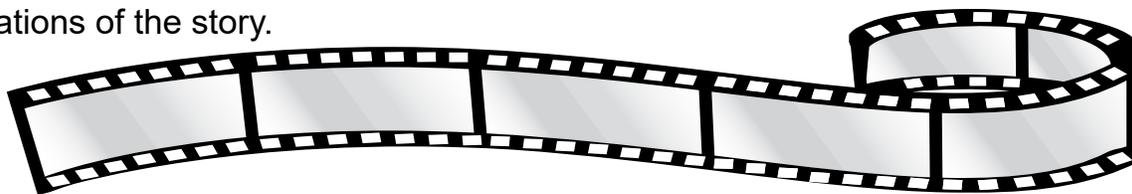
**Avatar: The Last Airbender** - This animated series may seem like it's made for kids, but is so well done teens and adults will love it too. The well-crafted storyline, beautiful sound track, and strong characters will appeal to all ages.

**Gortimer Gibbon's Life on Normal Street** - A clean, quirky coming-of-age show that features kids who are actually nice most of the time along with a fair bit of mystery and adventure. Each episode shares a life lesson without being preachy.

**The Kicks** - This show about a high school girl's soccer team is highly rated by parents who love the engaging story that's appropriate for all ages. The girls on the team are portrayed as strong, smart, positive role models. Tweens will especially enjoy this one.

**Monk** - Monk is a brilliant detective who has had to take time off due to the abnormal fears of germs, cars, heights, crowds and virtually everything else that plague him since the death of his wife. He's now back as a police consultant, solving crimes no one else can. Funny & entertaining.

**Robin Hood** - The classic tale of Robin Hood comes to life in this version from the BBC. All the familiar characters are here, including those we love (Maid Marian, Little John), and the ones we love to hate (the Sheriff of Nottingham is especially fun as a villain). The series really picks up after the first few episodes, and is much better than the movie adaptations of the story.



## PARENT/GUARDIAN RESOURCES

### Addressing Difficult Questions

As the stay at home time grows longer kids are going to ask more questions that may become harder to deflect and appease with simple answers. It is also important to remember that young minds notice more than we, as adults, think. Remember to keep the information appropriate for their age and take a look at these resources when you find yourself at a loss for words.

<https://healthier.stanfordchildrens.org/en/how-to-talk-with-kids-about-covid-19/>

### Stress and Anxiety Awareness

A situation such as the sudden, recent shift in our lives can cause stress and anxiety, even in children that are typically calm and very flexible. Situational anxiety can be a bit alarming for parents if you are not used to seeing it in your children.

<https://childdevelopmentinfo.com/development/helping-child-cope-situational-anxiety/#gs.5cmuos>





# EDUCATIONAL VIDEO GAMES

“Screen time” is defined as activities done in front of a screen such as watching TV, working on a computer, or playing video games. Too much screen time, especially when it comes to video games, can make it difficult for children to sleep at night, raise their risk for attention problems, and also increase their risk for gaining too much weight given the sedentary nature that video games provide. Limiting screen time is important, but can be challenging during quarantine.

While video games have the reputation for being mindless entertainment, they can enrich the imagination and teach essential skills to children. The simple objectives, diverse characters, and vibrant worlds can draw a child in and teach them communication, teamwork, and responsibility. The list below features mobile apps, PC and video games that can educate and entertain your child while everyone is stuck at home:

**Where on Google Earth is Carmen Sandiego?** Available on Android and iOS, this game teaches capitals of countries, locations of historic events and other geographical facts.

**The Oregon Trail** – Kids will learn historical events, critical thinking, problem solving skills and more on this game which is available on multiple platforms.

**Nancy Drew Interactive Mysteries** – This game allows you to play as Nancy and solve mysteries as she would. In the process, kids will engage with historical events and important figures, utilize critical thinking skills and problem solving skills, and discover foreign cultures, languages and customs. There are 33 games to date available for PC, mobile and certain gaming consoles.

**Wordscapes** – Kids of all ages can enhance their vocabulary with these puzzles available on Android, iOS and PC.

**Zoombinis** – The 12 levels of this game get progressively more challenging, with kids using logic, patterns, data analysis and problem solving skills to win. You can play this on iOS, Android or PC.

**National Geographic Challenge** – This quiz game lives up to the “challenge” part of its name. Kids will learn about historical figures and events, geography and more. The game is available on Xbox, Nintendo Wii and PlayStation.



# STEM ACTIVITIES

It is time to get MESSY! Not all parents embrace the mess; however, if you shape it right, it can be an easy clean process. Consider doing these activities outside or putting plastic down. A little preplanning can make the mess easy to manage. Check out these messy ideas. There can be great benefits to development for messy sensory play.

<https://www.science-sparks.com/category/early-years-science-2/sensorymessy-play/>

## INDOOR/OUTDOOR ACTIVITIES

### Gardening:

Whether your garden is 100 feet by 50 feet or containers on your patio or in a window, it can be a great way to engage children of all ages. Below are some links to help get started.

#### For the younger kids

- <https://www.activekids.com/parenting-and-family/articles/kid-friendly-checklist-to-prepare-for-early-spring-gardening>

- <https://learn.eartheasy.com/guides/gardening-with-children/>



#### Gardening also has great benefits for teens

- <https://www.verywellfamily.com/reasons-your-teen-should-take-up-gardening-3576003>

- <https://plantaddicts.com/blog/growing-a-garden-with-teenagers/>

### International Mud Day

Did you know that playing in mud is actually a healthy thing to do for young kids, yes there are mental and physical benefits of playing in the mud? So join in on the fun June 29, it is International Mud Day.

<https://happyhooligans.ca/international-mud-day-activities-kids/>



### Monopoly

Move over Monopoly, these indoor activities will keep you and you kids busy.

<https://bestlifeonline.com/indoor-activities-kids/>