

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.



PARENT/GUARDIAN TIPS

First, the tough stuff (we will get to the fun stuff in a minute);
Difficult conversations on challenging topics can be even harder with our kids than with other adults. Below are tips and resources for talking to your kids about the current health concerns facing our society. You may find these resources useful with other challenging topics as well.

Tips:

Keep in mind the age of you children. Even if they are in their early to mid-teens and have mature well-spoken conversations, they may not have the emotional capacity to handle the current world challenges like an adult.

- Structure screen time to control the amount and frequency of news and social media with the news content.
- Use caution when talking to other adults about current events when kids are within listening range, even small children grasp more than we sometimes realize.
- Make sure you are using age-appropriate terms and concepts.
- If you have younger children and they are unaware of what is happening, it may be best to not tell them. While it is not encouraged to hide the truth, consider if a four-year old needs to know the exact reasons why a parent is home working on their computer instead of at their typical workplace.

Most importantly, remember to keep the mental wellness of the kids and family in focus to recognize who may be struggling with current events.

Discussion Resources:

1. How to Talk to Kids About Difficult Subjects, from commonsensemedia.org

This has great tips based on the age of the youth.

<https://www.common sense media.org/blog/how-to-talk-to-kids-about-difficult-subjects>

2. Talking to Children About COVID-19: A Parent Resource,
National Association of School Psychologists

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

THINGS TO DO AT HOME

14 activities with supplies you likely have in your home now!

https://www.mkewithkids.com/post/here-are-two-weeks-worth-of-fun-and-easysciencesexperiments?fbclid=IwAR2DIMMltunNQTK3ZUi8JUANpNCvabWnb6L_9d9PY-pouhNgOFQ9ho6gov9g

Build a vehicle powered by a regular party balloon using materials you have at home. You cannot use a premade vehicle.

<https://www.wikihow.com/Make-a-Balloon-Car>

Design and build a kite out of materials you have at home.

<https://buggyandbuddy.com/make-kite/>

Build a catapult and hit a target 20 feet away.

<https://kidsactivitiesblog.com/55055/15-easy-catapults-to-make/>

<https://www.wikihow.com/Build-a-Basic-Catapult>

Parents, remember it doesn't have to be perfect, just keep everyone as happy and healthy as possible (which may not be as happy as we want them to be). Also, even if the activity does not go as planned there can still be things learned and fun had by all.

MOVIES & BOOKS

Great Movies with Messages and Themes for the Family to Enjoy:

- **October Sky**

The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes. Messages and themes include teamwork, compromise, accomplishment, friendship, believing in your dreams, hard work, and standing up for yourself.

- **Remember the Titans**

The true story of a newly appointed African-American football coach and his high school team on their first season as a racially integrated unit. Messages include change is inevitable, attitude is everything, friendship is important, fighting does not solve anything, don't be afraid to stand out, and teamwork is vital.

- **Dr. Seuss: The Lorax**

Based on the children's book, the film is a parable about protecting nature. Messages and themes include respect for nature and our natural resources, and standing up for what's right.

MOVIES & BOOKS CONTINUED

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 to gauge readability levels.

- Wonder:** The story of Auggie Pullman who was born with Treacher-Collins syndrome. This story showcases the power of kindness to change lives and is a must read for everyone of any age (Also, this should be read before you see the movie because that's a good life rule).
- A Wrinkle in Time:** This family favorite leads to many great conversations about the power of family and the power of love.
- Half Magic:** This is the story of a group of cousins that find a magic coin, but it only brings them half the magic of whatever they wish for. It is such a fun read aloud, filled with adventure and humor. If your kids love Harry Potter they will love this one, too.
- Skinnybones:** Kids love and crack up at the adventures of Alex Frankovitch, as he struggles to fit in. You will laugh, cry, and quote this one forever.
- The Miraculous Journey of Edward Tulane:** In this one, Edward Tulane is the stuffed bunny friend that falls overboard on a ship and then has a ton of adventures as he makes his way home. Some of this book is pretty deep but there is something for everyone here as well.

TELEWORK

Telework:

With the effort to provide social distance, many work places have approved telecommute when possible. This can also be an effort to solve childcare challenges with schools on this extended break. The words of caution are to remember that there are expectations from your employer and family during this time.

Telework IS:

- The opportunity to work from a remote location, likely home, to allow social distancing.
- Still completing the tasks and deliverables expected by your employer.
- A great way to ease the stress of finding childcare (when appropriate).

Telework IS NOT:

- To be treated like paid time off.
- A chance to catch-up on household chores.
- An opportunity to play with the kids all day.

TELEWORK CONTINUED

Things to consider about structuring your telework day:

- Do you have to be available at specific times?
- Can you flex your schedule to different times of day?
- Maintain open communication about telework with your employer so that neither of you are surprised.
- Talk to your family about what this means and be clear about when you have to work and need that time uninterrupted.
- Remember to be present at “work” and present for your family, success of multi-tasking both is unlikely.
- If childcare is an issue, can you utilize a neighborhood college or high school student or possibly a childcare worker whose center had to close? Just make sure that it is someone you trust to provide the in-home care.
- Consider making yourself a schedule so that you and everyone else knows when you will be working.
- Will your employer be ok with a little flexibility in your day, so that your family doesn't feel ignored?

Example:

7:30am-10:00am – Work
10am-10:30am – Activity with the family
10:30am-12:00pm – Work
12:00pm-1:00pm – Lunch & read books with family
1:00pm-3:00pm – Work
3:00pm-3:30pm – Activity with family
3:30pm-5:30pm – Work

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