

# ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

Begun in response to the stay-at-home order initiated in March, this compilation of resources will be published bi-weekly to support youth and families for the duration of this pandemic. 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 these challenging times. 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 22:

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# OUR MILITARY KIDS

**Our Military Kids** - <https://www.ourmilitarykids.org/>

Our Military Kids supports children in grades K-12 of deployed National Guard and Reserve service members, as well as those of wounded veterans from all service branches, with grants that provide up to \$300 for a chosen activity. Participation in these activities helps military children cope with stress and build self-confidence while their parents are recovering or serving overseas.



## EDUCATIONAL RESOURCES

### **Tutor.com**

During the COVID-19 pandemic, [Tutor.com/military](https://www.tutor.com/military) has once again expanded their eligibility to include free tutoring services, 24/7, to service members in all branches and components, military spouses, their military children (K-12th grade AND college dependents), and DoD civilian personnel. This eligibility expansion goes until JUNE 2021!



### **Social Studies**

Social studies takes a look at the different aspects of human society. What better time to push our kids and students to explore humanity? These websites are not only informative, but also fun and interactive.

#### [Primary Games](#)

Contains a fun selection of flash based social studies games, from Name That President, Fire Safety, Smokey Bear Puzzles, Transportation, The Olympics, Where on Earth, and Name That State.

#### [Education.com](#)

If you are looking for some social studies worksheets to print out you can find a selection of free and paid ones in PDF format. There are word searches, coloring pages, mazes, activities, and more!

#### [Have Fun Teaching](#)

This site contains lots of free worksheets, quizzes, and tests for printing. Social studies worksheet sections include, America, Community, Economics, Family, Geography, Government, History, People, and more.



## Science Websites

Non-fiction texts and sites have become even more important with the implementation of recent education standards. These websites not only fill the non-fiction science gap in the classroom, they also do it for free. Get started by exploring these free, outstanding science websites!



### [Galileo Legacy Site](#)

Galileo was one of the most important spacecraft that NASA ever launched. From its discovery of a possible ocean on the moon Europa, to detailed information about Jupiter, Galileo changed the way scientists thought about the universe. This is the legacy site for the mission and offers great information about Jupiter and the importance of the spacecraft's findings.

### [Smithsonian's National Air & Space Museum](#)

There is something magical about the Smithsonian museums. Deeply entrenched in amazing history, science, and education, the museums offer visitors (both online and in person) a chance to explore like never before. The National Air and Space Museum brings science to life for students as they explore the museums exhibits and learn about everything from the planets to current research.

### [Climate Kids](#)

NASA offers students so many wonderful opportunities to learn about different aspects of science, and with their Climate Kids site, it's no different. Focusing on Earth's climate and the impact of global change, the site features activities, games, videos, and more. It's a great site for a science learning station when you are studying climate and climate changes.



# EARTH SCIENCE WEEK

Earth Science Week 2020 took place October 11-17. This year's theme was "Earth Materials in Our Lives" and highlighted the many ways that natural resources impact humans and the ways human activities impact these materials. Earth provides numerous raw materials such as metals, industrial materials, and groundwater. These resources provide us with the materials necessary for creating products that we depend on every day.

Find your state natural resource website for more activities and local events at the following website, and explore numerous other Earth Science Week activities at the additional links below:

<https://www.nrcs.usda.gov/wps/portal/nrcs/sitenav/national/states/>

<https://www.earthsciweek.org/>

<http://www.earthsciweek.org/focus-days>



# STATE AND NATIONAL PARKS IN OHIO CONTINUED...



Now more than ever, the opportunity to get outdoors in nature for some fresh air, exercise, and beautiful scenery is a must! The national and state parks in Ohio are natural playgrounds for outdoor enthusiasts, from the forested foothills of the Appalachian Mountains in the south to the Lake Erie shores in the north. The diverse geographic regions in Ohio offer so many things to do year-round, from wilderness hiking, disc golf, canoeing, and paddle boarding to snowmobiling, cross-country skiing, and bird-watching.

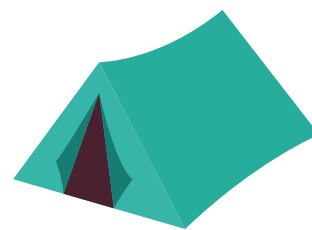
This list features both national and state parks that may only be a short drive for you, or could turn out to be a weekend adventure for you and your family. Be sure to visit the park websites to see information about social distancing protocols and safety before you head out the door.

## 1. Maumee Bay State Park - <http://parks.ohiodnr.gov/maumeebay>

Maumee Bay State Park is on the shores of Lake Erie and it is one of the most naturally diverse locations in the state, with marshes, wetlands, and meadows. Water activities like boating, fishing, swimming, and paddle boarding are usually combined with land activities during a visit. The state park has numerous trails for recreational activities including specific trails for backpacking, mountain biking, All-Terrain Vehicles (ATVs), and snowmobiles. Bike trails and horseback trails are easy to find, and a golf course is also on the grounds.

## 2. Salt Fork State Park - <http://parks.ohiodnr.gov/saltfork>

The largest state park in Ohio is Salt Fork in Guernsey County, with more than 17,000 acres of recreation. People travel here for abundant hiking, horseback riding, fishing, camping, swimming, and boating. One of the unique features here is a 10-station archery trail that is easy to navigate and easy to find near the entrance of the park.



## 3. John Bryan State Park - <http://parks.ohiodnr.gov/johnbryan>

One of the most scenic state parks in Ohio is John Bryan, which hides a spectacular limestone gorge carved by the Little Miami River. Several lookouts let you peer down through the layers of bedrock into the rushing water more than 100 feet below. Part of the gorge has been designated as a national landmark.

## 4. Malabar Farm State Park - <http://parks.ohiodnr.gov/malabarfarm>

Malabar Farm is a prized Ohio state park and one of the most unique to visit. It was the dream creation of Pulitzer Prize-winning author Louis Bromfield. The park is actually a farm with a main house and outbuildings. The stunning farmhouse is where Humphrey Bogart and Lauren Bacall exchanged wedding vows in 1945. You will find memorabilia highlighting this taste of Hollywood throughout the 32-room home.

# MUSEUMS IN OHIO

Throughout the state, a growing number of museums have begun opening their doors to the public, with social distancing protocols in place to keep their guests safe. Understanding that not all families may feel comfortable making excursions in the current climate, museums continue offering outstanding virtual content and opportunities (most of which are free of charge). The list below contains some unique museums throughout the state, along with some familiar favorites, that continue offering virtual content that is updated on a regular basis.

## **Cleveland Museum of Natural History**

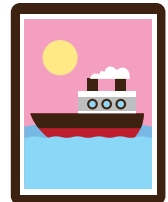
Science never stops—and neither does learning! Tune in at 12pm every Monday, Wednesday, and Saturday to these regularly scheduled programs to discover fun facts about all the things that happen at the Cleveland Museum of Natural History. Whether you're just beginning to learn about natural history or you're a seasoned professional, you'll learn something new. Programs include virtual gallery tours with museum educators, wildlife information from animal experts, and science discussions with museum curators.

<https://www.cmnh.org/learn/cmnh@home>

## **Federal Reserve Bank of Cleveland Learning Center and Money Museum**

Looking for ways to learn about money, the economy, and the Federal Reserve System? The Federal Reserve Bank of Cleveland Learning Center and Money Museum offers interactive online activities that involve money, finance, economics, and Fed-themed online activities. Virtual tours are available, as well as economic research competitions for college students.

<https://www.clevelandfed.org/en/learningcenter/learn.aspx>



## **Hancock Historical Museum**

While their doors are temporarily closed, the Hancock Historical Museum is working diligently to continue providing meaningful content to preserve the past and to inspire the future during this unprecedented time. History can provide a lens of clarity during great challenges. Some of the museum's activities for kids include scavenger hunts, coloring books, time capsules, virtual puzzles, Victorian parlor games, videos, classic movie recommendations, and virtual tours.

<https://hancockhistoricalmuseum.org/#>



## **Kelleys Island Historical Association**

Even though we were unable to hold camp this summer, you can still have the opportunity to explore the historical side of Kelleys Island through a variety of videos. These series of videos include a tour of the cemetery, the island and the Civil War, a museum tour, some old homecoming videos, and a whole lot more. Walking tours of some historic homes and sites are also available.

<https://www.kelleysislandhistorical.org/video-tours.html>



# THE 4-H HUB



The Ohio 4-H Program offers a wide variety of educational projects for youth from ages 5-19. Ohio Military Kids is made possible through the partnership of Ohio 4-H and the Ohio National Guard. For more information about the content offered below, or how your family can become involved with Ohio 4-H, send a message to 4-H Program Manager for Ohio Military Kids, Kayla Oberstadt at [Oberstadt.1@osu.edu](mailto:Oberstadt.1@osu.edu).

Ohio Military Kids is proud to offer a selection of 4-H Project Books to families of Ohio service members at no charge! These project books are excellent educational resources for children of a variety of ages to explore new topics, deepen their interest in a particular subject, or as a supplement to a hobby that they enjoy! Through your family's interaction with 4-H project books, you may discover an opportunity to further your involvement in Ohio's 4-H Program through a local club or through year-round experiences. For more information about Ohio 4-H, visit: <https://www.ohio4h.org/home>.

4-H Project Books are peer-reviewed by youth development educators and utilized nationally! Ohio 4-H Project Central hosts a vast library of titles that can be purchased, and a selection of these titles are offered to you at no charge. Through OCTOBER 31, you may place an order for up to ten copies of any selection of the books. The project book titles being offered in this order form include:

- All About Dogs
- Discovering 4-H
- Explore the Outdoors
- Everyday Food and Fitness
- First Aid in Action
- Leadership Road Trip
- Makeover My Space

To put in your order for these **FREE** resources that will be shipped to your home, please visit this link: <https://go.osu.edu/omkbookorder1> If you have any questions, please contact Kayla Oberstadt, 4-H Program Manager for Ohio Military Kids.

