

ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

March 2021, Edition #27



Begun in response to the stay-at-home order initiated in March 2020, this compilation of resources will be published monthly to support youth and families for the duration of this pandemic.

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.

Our goal is that out of the suggestions shared, your family will find activities that will work best for you and the age(s) 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!

This Month's Topics:

- | | |
|--------------------------------|----------------------------------|
| 1. Month of the Military Child | 4. Family Fun Activities |
| 2. Educational Resources | 5. Practicing Positivity |
| 3. Brain Break Ideas | 6. April Daily Activity Calendar |



Back in 1986, Secretary Caspar W. Weinberger was the first serving secretary to designate April as the Month of the Military Child. It is a celebratory month meant to highlight and appreciate the sacrifices military children make in their young lives to support their parents in the Armed Forces.

“The term **military brat** is a badge of pride worn by generations of kids who traveled the world with their parents, moving into adulthood with the knowledge that they have the strength to handle anything. Military children deal with separations, deployments, frequent moves and even their parents' injuries as part of the life they were born into or entered with their families.” (*military.com*)

To learn more about the history of MOMC, visit the website credited at the bottom of the page!



PURPLE UP DAY

Purple Up Day will be celebrated on Wednesday, April 15th this year. We wear purple on this day (and throughout the month of April) because it is the color used to represent all branches of the military. Show your love and support for our military children by wearing purple with us on the 15th, and encourage your friends and family to join the celebration!

DID YOU KNOW?

The dandelion is the official flower of the military child! This is due to the plant's natural adaptability. Like military children, dandelions blossom wherever the wind carries them, and are known to be survivors in most any place they grow. Dandelions perfectly encapsulate the resiliency of military children!



<https://www.military.com/spousebuzz/blog/2008/04/month-of-the-military-child.html>

FREE EDUCATIONAL RESOURCES

The month of April is a great time for exploring and learning! With the seasons changing, the earth blossoming to life again, and the history associated with the holidays this month, there is no shortage of learning to be done. Take a look at the resources below to access these fun educational opportunities for everyone in the family!



READING ROCKETS:

Reading Rockets is celebrating National Poetry Month this April, alongside American poets who have been celebrating since 1996! This website includes video statements from poets, poetry activity ideas for kids, and additional resources for the month.

<https://www.readingrockets.org/calendar/poetry>

RHYTHMS OF PLAY:

In honor of Earth Day, this educational website recommended by the National Guard Child and Youth Program offers an article to teach children about the importance of composting, and how they too can participate! This year, Earth Day is celebrated on April 22nd.

<https://rhythmsofplay.com/composting-with-kids-closing-the-circle/>



EXPLORATORIUM:

The Exploratorium website offers a handful of fun outdoor activities to teach children about the science of everyday natural phenomena. Follow the link below to a measurement activity involving shadow tracing, and take the family outside to enjoy the spring sunshine!

<https://www.exploratorium.edu/snacks/outdoor-shadows>



DUCKSTERS:

This kid-friendly website has a breakdown of the history of April Fools' Day, and it includes fun facts about its annual celebration! April Fools' Day is celebrated on April 1st every year, so make sure to get your pranks ready!

https://www.ducksters.com/holidays/april_fools_day.php



BRAIN BREAK IDEAS

At-home learning can be overwhelming for students and parents alike. Being sure to give you and your young learners small breaks throughout the day not only reduces stress levels, but it has also proven to enhance children's attention and retention of information.

Most of these brain break ideas can be done both indoors and outdoors!

Try a "Keep-It-Up" game! Find a lightweight ball or balloon and see how long you can keep it in the air without hitting the ground.



Learn and practice hula hoop tricks! Start out simple by seeing how long you can keep it spinning. Add in other skills as you start to get the hang of it.

Have a dance/karaoke party! Put on your favorite tunes and expel some energy by rocking out! There are lots of free karaoke versions of songs available online.



Create a mini putting green by using boxes or cups as the hole! Add random household items to the course to increase the complexity.

Start a treasure hunt! A more involved version of "I Spy," ask your kids to find and bring back an object you describe. Be as specific or vague as you please to make it more challenging.



Play a game of fetch if you have a family pet! If not, a game of catch with a sibling or parent works just as well, and it can be just as fun.

For more fun brain break ideas like these, visit the website below:

<https://www.verywellfamily.com/brain-breaks-for-busy-kids-1257211>

FAMILY FUN ACTIVITY






We all love coming up with new, fun things to try while spending time with family. Below is a quick and fun seasonal treat you and your family can try making together to put you in the spirit for spring!



Ingredients

- 1 cup **HERSHEY'S Milk Chocolate Chips**
- 2/3 cup **REESE'S Peanut Butter Chips**
- 1 can **chow mein noodles (5-oz.) (about 2-1/2 cups.)**
- 1 cup **CADBURY MINI EGGS Candies**

Equipment Needed

-  **LARGE TRAY**
-  **MICROWAVE-SAFE BOWL**
-  **WAX PAPER**
-  **SPOON**
-  **MICROWAVE**

Directions

1

Line large tray with wax paper.

2

Place milk chocolate chips and peanut butter chips in large microwave-safe bowl. Microwave at (medium) 50% 1 minute; stir. If necessary, microwave at medium an additional 10 seconds at a time, stirring after each heating, until chips are melted and mixture is smooth when stirred. Immediately add chow mein noodles (break very large noodles); stir well to coat completely.

3

Drop mixture by heaping teaspoons onto prepared tray; press down with spoon to form nest shape. Immediately press 2 to 3 candy eggs into each nest. Let stand until firm or refrigerate about 10 minutes. Store in tightly covered container.

All the ingredients for this fun, simple, no-bake Cadbury Egg Nest recipe can be found at your local grocery store.

<https://www.hersheyland.com/recipes/no-bake-cadbury-birds-nests-cookies.html>

PRACTICING POSITIVITY

Sometimes, keeping a positive mentality and attitude can be challenging, especially during uncertain times like these. Big Life Journal has created this list of positive affirmations to incorporate into your daily routine.

Read over this list and write down the ones that resonate with you the most, or print the whole list and hang it somewhere everyone can see on a regular basis!

25 GROWTH MINDSET AFFIRMATIONS

1. **I have grit and I don't quit.**
2. Today is a new day. I will make good choices. I will work hard. I will be the best person I can be!
3. I am open to learning.
4. Today I will try something new.
5. FAIL= First Attempt In Learning.
6. I am capable.
7. **I build habits that will help me succeed.**
8. I am safe. I am calm. I can cope with this.
9. **My attitude is everything.**
10. I can start again.
11. I make mistakes and I learn from them.
12. **My imperfect action is better than no action.**
13. I keep going until I'm proud of myself.
14. I can learn anything.
15. I CAN do anything I want. All I need is to TRY.
16. When I get tired, I don't quit. I take a break.
17. **I can handle any challenge.**
18. I am becoming the person I want to be.
19. I ask for help when I need it.
20. I can work out almost anything.
21. Mistakes are a sign I am learning.
22. Self-control gives me freedom.
23. I will make better mistakes tomorrow.
24. **Growth happens when I go outside my comfort zone.**
25. I work hard and I am proud of myself.

MONTH OF APRIL DAILY ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Rainbow Color Sorting Sensory Bin	Wash the Car with Your Family
Decorate a Flowerpot & Plant Seeds	Make Kool-Aid Playdough	DIY Bird Finder Craft	Make Graham Cracker Rainbow Weather Snack	Play with Water Beads	Go on a Walk & Look for Birds	Play Catch
Jump in the Puddles	Shaving Cream Sensory Play	Spring Nature Hunt	Fruit Loop Rainbow Craft	Paper Plate Flower Craft	Family Game Night	Go for a Bike Ride
Jelly Bean Science Experiment	Rainstick Craft for Kids	Spring Do A Dot Painting Printables	Make Earth Day Dirt Pudding Cups	Read Books Outside	Puffy Paint Earth Craft	Jump Rope or Play Hopscotch
Go to the Park	Look at Clouds & Make Clouds out of Cotton Balls	Search for 4 Leaf Clovers	Picnic at the Park	Baby Bird and Nest Craft	Find and Paint Rocks	Constellation Lacing Cards

Follow the link below for more details:

<https://thechirpingmoms.com/april-printable-activity-calendar-for/>

CONTACT INFO

Have any questions or need to get in touch with us?
Here's where to find us! We'd love to hear from you!

FIND US ONLINE:



Ohio Operation Military Kids



THE OHIO STATE
UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

<https://ohio4h.org/statewide-programs/ohio-military-kids>

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