

ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

Begun in the 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.

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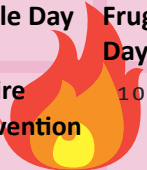

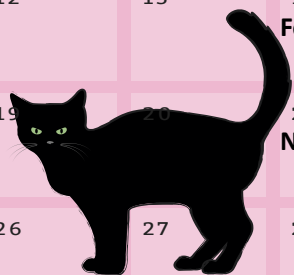

You've been BOO'D



October 2020

- 1 - Ntl. Homemade Cookie Day
- 2 - World Farm Animals Day
World Smile Day
- 3 - Intl. Frugal Fun Day
World Card Making Day
- 4 - Ntl. Frappe Day
- 5 - Do Something Nice Day
World Teacher's Day
- 6 - Mad Hatter Day
- 7 - Intl. Walk to School Day
- 8 - American Touch Tag Day
- 9 - Fire Prevention Day
- 10 - Ntl. Angel Food Cake Day
- 11 - Ntl. Mole Day
- 12 - Columbus Day
Indigenous People Day
- 13 - Ntl. Dessert Day
- 14 - Ntl. Fossil Day
- 15 - White Cane Safety Day
- 16 - Dictionary Day
- 17 - Ntl. Pasta Day
- 18 - Ntl. Meatloaf Day
- 19 - Intl. Chefs Day
- 20 - Intl. Nacho Day
Ntl. Pumpkin Cheesecake day
- 21 - Ntl. Nut Day
- 22 - Ntl. Mole Day
- 23 - Make a Difference Day
- 24 - United Nations Day
- 25 - Intl. Artist Day
World Pasta Day
- 26 - Black Cat Day
Navy Day
- 27 - Ntl. Frankenstein Day
- 28 - Ntl. Candy Corn Day
- 29 - Carve a Pumpkin Day
- 30 - Halloween
- 31 - Halloween



S	M	T	W	TH	F	S
					2 World Smile Day	3 Intl. Frugal Fun Day
4 Ntl. Frappe Day	5 	6 Mad Hatter Day	7	8	9 Fire Prevention Day 	10
11	12	13	14 Ntl. Fossil Day 	15	16 Dictionary Day	17
18	19 	20	21 Intl. Nacho Day	22	23	24 United Nations Day
25	26	27 Navy Day	28	29	30 	31



EDUCATIONAL RESOURCES

Social Studies Websites

Social studies takes a look at the different branches 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.



[Kids.gov History](#)

Presented by Kids.gov website, this section covers American History, The Bill of Rights, Branches of Government, Presidents, Time Periods and Eras, Wars, and more.

[Brain Pop Social Studies](#)

Brain Pop offers a lot; their social studies section is vast, with videos and quizzes for topics from Ancient Cultures, Economics, Famous Historical Figures, Geography, The Law, and more. It however does require a paid membership.

[Softschools](#)

A great online resource of social studies facts, games, quizzes, and worksheets. Topics include geography, continents, U.S. States, Ancient Civilizations, History, Timelines, 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!



[Frontiers for Young Minds](#)

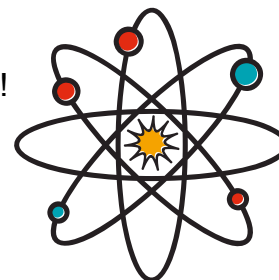
Providing educators, parents, and students with science articles that are geared toward kids is what Frontiers for Young Minds is all about. Intriguing articles and age-appropriate content make it an excellent and engaging resource.

[Earthquakes for Kids](#)

From pictures to facts to puzzles and games, the USGS provides students and teachers with excellent resources for earthquake education. Students can even ask a geologist a question or for clarification on a topic (think writing center activity).

[Chemicool](#)

What's so great about the periodic table of elements? Chemicool will tell you! Students can explore the periodic table of elements, learn about scientists, and find out why science is so cool.





NATIONAL AND STATE PARKS IN OHIO



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. Cuyahoga Valley National Park - <https://www.nps.gov/cuva/index.htm>

The Cuyahoga Valley National Park should be one of your first visits for outdoor recreation in Ohio. The natural beauty of the park is breathtaking as you experience hills, forests, and the active Cuyahoga River that winds its way through the park. It is hard to believe that this natural paradise is just a short drive from the urban activity in Cleveland and Akron.

2. Hopewell Culture National Historical Park - <https://www.nps.gov/hocu/index.htm>

The Hopewell Culture National Historical Park in Chillicothe, Ohio, is considered sacred ground. Native American Indians built the earthen mounds 2,000 years ago by hand. These mounds are the park's crowning characteristic.



3. Wayne National Forest - <http://www.waynenationalforest.com/>



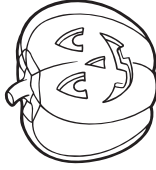


The Wayne National Forest is one of the best opportunities to experience primitive wilderness in Ohio. Located in the Appalachian foothills, the forest spans 12 counties and more than 833,000 acres. One of the top things to do in this forest is backpacking excursions that take you across rolling terrain and waterways.

4. Hocking Hills State Park - <http://parks.ohiodnr.gov/hockinghills>

One of the most popular state parks in Ohio for recreation and getaways is Hocking Hills State Park. It lies in one of the most tranquil areas of the state and is marked by waterfalls, caves, sandstone cliffs, and lush vegetation. Fall is the most popular time for getaways at the park, so if you plan to visit on the weekend and stay at a nearby cabin, make reservations as far in advance as possible.



October Writing Prompts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 I know summer has finally changed to autumn when...	2 I'm happy that it's October because I finally get to...	3 The best thing about this time of year is...
4 Today's weather makes me feel _____ because...	5 Write a silly story about a crow and a scarecrow that become best friends.	6 The world might be a better place if we were allowed to...	7 If I could be any cartoon character, I would be...	8 One morning I woke up in the wolf den at the zoo and...	9 My favorite October outdoor activity is...	10 Make a list of all the foods you've eaten that contain apples.
11 If I were not in school today, I would...	12 List three careers that interest you. Why do they interest you?	13 I was raking leaves in the front yard when the ground started to shake and a gust of wind...	14 Would you rather go on a farm hayride or a trail horseback ride? Why?	15 List 10 things you might find in a school desk that are not school-related.	16 Today is National Dictionary Day! Choose three words from the dictionary and use them in a story.	17 One thing I admire about the person closest to me is...
18 My favorite autumn activity that we do at school is...	19 Do you dress up for Halloween? Why or why not?	20 Write about what you think school was like for your parents or grandparents.	21 Imagine you're the judge in a costume contest. Describe the best and worst costumes.	22 Write about one thing you like about your school and one thing you don't like.	23 Write an acrostic poem using the word "harvest," "autumn," or "spooky."	24 What tips or advice would you give someone experiencing Halloween for the first time?
25 If I found a magic broomstick, I would...	26 Write a poem about all the things that remind you of October.	27 Imagine you're a black cat prowling at night. Where do you go and what do you see?	28 One night, just before Halloween, I looked out my window and saw...	29 Make a list of all the things that would "live" in a haunted house.	30 Write about your favorite Halloween treats. Are there foods or candies you won't eat?	31 Describe the perfect Halloween.
						

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ACTIVITIES FOR KIDS

Adulting Like a Champ

The free resources on this website were designed for youth/young adults with diverse learning needs, but is really a great guide for any teen transitioning into adulthood. The workbook was created by Chris Hanson, the founder the Life Skills Advocate. Chris is a former high school special education teacher, where every day, the focus was on teaching students' skills to help them be ready for what comes next in life.

This workbook is designed for people with diverse learning needs and their families. The worksheets can either be completed individually or with the help of parents, families or teachers. The goal is to help parents and youth get in a "plan and execute" mindset through learning how to:

- Identify your team of support pros
- Learn more about yourself within the context of your aspirations and goals
- Bolster skills you decide are most important to your success
- Define and prioritize your goals
- Break down goals into bite-sized tasks

<https://lifeskillsadvocate.com/adulting-like-a-champ/>



KidsGardening

The mission of KidsGardening is to create opportunities for kids to play, learn, and grow through gardening, engaging their natural curiosity and wonder. Their website offers inspiration and support to educators and families by way of grants, original educational resources, and by cultivating a community of practice. They bring the wonders of gardening to more kids by collaborating with nonprofit and corporate partners, and with the contributions of caring individuals like you.

<https://kidsgardening.org/>



Boys and Girls Clubs of America - <https://www.bgca.org/about-us/military>

Since 1991, Boys & Girls Clubs of America has partnered with the U.S. Armed Services to provide support and services to military-connected youth on and off installation. Because military-connected youth face unique challenges, Boys & Girls Clubs of America helps them access specialized opportunities, cultivate lifelong friendships, and develop the resilience they need to build great futures.

From rural areas, schools, and inner-cities to military installations and Native lands, a Boys & Girls Club or BGCA-affiliated Youth Center is located in all 50 states and in 16 countries around the world, doing whatever it takes to provide a safe environment to help your child succeed. Whether you are Active Duty, Reserves, or National Guard, BGCA provides high-quality programs and caring mentors for your child.



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. Check out this edition's feature on the 4-H project of:

Leadership and Citizenship!

In 4-H's Leadership and Citizenship project area, there are a variety of topics that can help young people grow lifelong skills, including communication! Youth participants have the opportunity to develop the strengths it takes to become a respected leader in their classroom, on a team, or in any group setting. Through Ohio Military Kids programming, skills in leadership, citizenship, and communication are often taught in our camps. Now, it's your turn to enhance those lessons from home! More topics are available through Ohio 4-H Project Central, and let's get started with these titles as you start your leadership adventure!

Finding Your Voice – Public Speaking Made Easy:

This project guide helps youth with little or no public speaking experience learn how to prepare and deliver speeches with confidence! Learn about professionals who model these skills and with practice, participants will be putting these skills to use in delivering different types of speeches and resolving any barriers that they may face in public speaking.

<https://projectcentral.ohio4h.org/publications/finding-your-voice-public-speaking-made-easy/>

Leadership Road Trip – Where are You Going:

This project is ideal for ages 11-14 who are interested in learning more about leadership skills! In this project book, learners will begin their leadership adventure by setting goals, practicing communication, and making a commitment to lead! This step-by-step guide will assist youth in planning leadership activities, helping them outline necessary efforts, and celebrating success along the way!

<https://projectcentral.ohio4h.org/publications/leadership-road-trip-where-are-you-going>

