

THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

How to Have Fun

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Even though quarantine is still continuing and we are still maintain our physical distancing Ohio is FINALLY starting to slowly re-open its doors! Idk about you, but we couldn't be more excited to start enjoying things beginning to return to this new normal we are creating for ourselves.

We are going to look at how to have fun and enjoy this new and crazy world we find ourselves in and how to do it in a safe and responsible manner.

Get OUT & Enjoy Yourself

With Ohio starting to re-open its doors I know many of us are just jumping for joy because we have been going stir crazy being cooped up at home. What is really amazing about this is that it gives us a chance to finally be out and doing things again outside the home as well as give us a new appreciation for the small things in our lives such as good weather, being outside, and being able to interact with people and show small acts of love and kindness. Hopefully this has been a lesson to not take anything for granted in our lives even the small simple pleasure such as going out.



With that we are going to look at some of the opportunities that have been given to us with the re-opening of different establishments in Ohio. One thing that we can do to get out is head to the parks and go for walks, runs, or take a blanket and go lay out in the grass and enjoy the weather. Restaurants are also beginning to open up and with parks being open instead of having to eat in your home or car you can go enjoy a nice picnic outside. Libraries have also started to re-open as well allowing us to go socialize and have access to materials again like books, computers, internet, and movies. Let us know how you are getting out!

Solve the Puzzle

	-		-		X		-18
X		X		+		/	
	X		-		+		4
+		-		+		X	
	X		+		-		19
-		+		-		-	
	+		/		+		27
27		60		20		7	

“During quarantine I have attempted to learn how to crochet in my free time. I have also started playing around with photoshop again as well.”

-Miss Lisa



Directions

1. Use the numbers 1 through 16 to complete the equations
2. Each number is only used once
3. Each row is a math equation
4. Remember that multiplication and division are performed before addition and subtraction

Parent Tip: Being Together

Being quarantined has tested us as parents because we have had to juggle our children's education, our careers, our relationship with our spouses, as well as our duties at home. Through all of this we have all felt extreme amounts of pressure, frustration, stress, and irritation with ourselves and families at times. With things beginning to re-open in Ohio we have been presented with an opportunity to re-charge ourselves as well as our families

With things re-opening it gives us a chance to go out and re-charge with some of our favorite activities and appreciate the small things. It also gives us an opportunity to have a bit of space to ourselves as well. While that is nice it also gives us the chance to go out and experience these little things together as a family to remind us about the gift of being together during this unprecedented time in our lives.

Fun Fact:

Did you know that May 25th is Memorial Day? It celebrates serves as a reminder to the tenacity of life as well as its tradition to fly the flag this day.

Book Corner:

Here are online book recommendations you can get from the Columbus Metropolitan Library



- *Dodgers* by Bill Beverly
- *Dark of the Moon* by Tracy Barrett
- *The Hidden Oracle* by Rick Riordan and Robbie Daymond



Lots of Laughs

- Why do dragons sleep during the day? *So they can fight knights*
- What gets wetter the more it dries? *A towel*
- What goes up and down and does not move? *Stairs*

Resources

- <https://www.eventbrite.com/o/ohio-guidestone-prevention-team-30091343176>

Be sure to register for our Get Caught Reading Event!!

DIY Fairy Garden

With summer just around the corner warmer weather is finally starting to make an appearance. With that we are finally able to get outside and go on walks, enjoy time at the park, and even have picnics too. One really fun activity for those of you who have a creative itch is to make your very own fairy garden. Whether you have heard of these before or not they're easy and simple for everyone to make.

You can buy kits at any store or you can make your very own with supplies you have at home. You will also need a container, dirt, and flowers of any kind that you would like. You can also get things such as rocks, moss, logs, houses, little creatures, furniture, etc. to add to your fairy garden as well. Once you get or make all of the supplies that you need you can begin constructing your fairy garden anyway that you want. Once you have finished constructing your fairy garden you then need to find a place for it whether that is in your room or outside in your yard. Once finished, you can enjoy it and send us a photo at ogsprevention@gmail.com!

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Family Discussion Topic

Do you think exploring space is really important? Why or Why not?

