

SUMMER SURVIVAL SCOOP

Ohio Guidestone: How to Survive Summer 2020

How to Summer Guide

With everything that has happened this year with COVID-19 somehow without realizing we have survived and prevailed the last 3 months to make it to SUMMER! Quarantine has been difficult being away from loved ones, but the weather hasn't always made it easier either.

Since we made it to summer and are still dealing with COVID-19, this edition of our newsletter is going to be focusing on all things summer and how to survive.

In this issue:

- How to Summer Guide
- Beat the Heat With Fun
- Parent Tip: Scheduling Fun
- DIY Fairy Garden

Beat the Heat with Fun

As many of us know Mother Nature here in Ohio can't always make up her mind when it comes to what season were in, however, it seems that summer has arrived with this incredibly hot weather we have been experiencing. And if you are like some who don't have air conditioners its been a bit brutal at times these last few days with the unforgiving heat which can make it hard to focus on and complete work and other tasks. In this article we are going to discuss all of the fun and creative ways to try and stay cool when you don't have central air or air conditioners.



"This summer I am most looking forward to spending more time outside and doing activities I haven't been able to do like refurbishing old, antique furniture pieces."

-Miss TJ

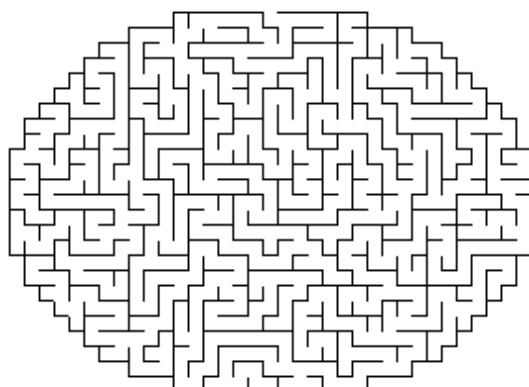
Even though central air makes surviving the summer more bearable, there are several other creative ways to stay cool this summer. If you have a hose you can go outside and spray yourself or others with it to help beat the heat. If that isn't an option you can also get squirt toys and water balloons and have a massive water battle outside having fun while also cooling off in the process. Other ways to cool off include setting in front of fan, taking a cold shower, or finding a friend with air conditioning (while practicing physical distancing of course). No matter how you decide to stay cool this summer make sure you make it fun and memorable!



summer is messy,
summer is fun,
summer is spending all day in the sun.
summer is campfires, smores, and late nights,
summer is windy days spent flying kites.
summer is tan lines and splashing in lakes,
summer is mornings with chocolate pancakes.
summer is time spent with family and friends,
summer is hoping that it never ends.

Send photos of how you're beating the heat to ogsprevention@gmail.com

Solve the Puzzle



Parent Tip: Scheduling Fun

Now that summer has officially arrived and school is no longer in session many of us are wondering how summer is going to look with COVID-19. As things are opening back up and we are still semi-quarantined to our homes many of us are wondering what we do now since pools, museums, and amusement parks are still closed with no definite date of when they are going to re-open.

Bucket List Adventures

- Go on a bike ride around your town
- Watch the sunset
- Find all different types of fruit you can and try them all
- Try kayaking or paddleboarding
- Explore or travel somewhere new you've never been in your state.
(Safely of course!)



One fun activity that you can do with your kids is brainstorm all of the activities and adventures they want to do this summer. This will of course look a bit different with COVID-19, but it allows for creativity and new adventures to be planned. Once you have all the adventures planned put them on a calendar so that your children will have something to look forward too throughout the summer. Be sure to let us know what you have planned this summer!!



Lots of Laughs

- When do you go at red and stop at green? *When you're eating a watermelon*
- What do you get when you combine an elephant and a fish? *Swimming trunks*
- What kind of music do whales like? *The orca-stra*

DIY Drive-In

With the excitement of summer kicking in many of us can hardly contain our joy of finally having free time to do the things we enjoy. With COVID-19 still affecting our lives many of the activities we do love and enjoy have to be put on hold. In this section we are going to talk about different DIY activities to fill your summer with.

One way great way to kick-off summer is to do your very own at home drive-in. You can make "cars" out of boxes, laundry baskets, etc. Anything you want. Next you can set up a fake booth where people can pay to get into your drive-in. You can also have a concession stand where you can offer drinks and snacks too. Your imagination is your only limitation when it comes to creating your drive-in. Once everyone has parked their cars; either inside or outside; and gotten their snacks you can then start your movie. Be sure to send us photos of your drive-ins to ogsprevention@gmail.com!!

Fun Fact:

Did you know that June 1st is "Say Something Nice Day?" Make sure to share words of encouragement or kindness on this day and everyday!



Family Discussion Topic

If you could go anywhere on vacation where would you go?



Resources

- columbuslibrary.org/press/library-launch-all-digital-summer-reading-challenge-may-30

Check out and sign up for the Summer Reading Challenge at Columbus Metropolitan Library to have your chance to win cool prizes!!

Ohio Guidestone Newsletter
Ohio Guidestone: 888-522-9174
Karissa Brenneman, Prevention Services Supervisor
karissa.brenneman@ohioguidestone.org
Taylor Crider, Prevention Specialist & Editor
taylor.crider@ohioguidestone.org