

SUMMER SURVIVAL SCOOP

Ohio Guidestone: How to Survive Summer 2020

How to Survive the Outdoors

Being homebound for the last several months has been rather challenging with feelings of restlessness and confinement driving many of us into feelings of frustration, especially with summer having started.

Because of this and with the slow re-opening of places many of us are itching to get out, interact and stretch our legs. With the weather finally turning nice, this edition is going to be all about the fun outdoor activities we can do here in Ohio.

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Go Have An Adventure

With many destinations like Cedar Point, Columbus Zoo, and Zoombeezi Bay still closed due to COVID-19, it can seem as though there isn't much to go out and do, especially with the lure or electronics and gaming devices it can be easy to get into the habit of just staying indoors all summer long. While we have discussed them importance of movement before in previous issues, it is still just as important now. One way to get out and enjoy this summer weather is to go on an adventure. There are tons of things to do here in Ohio that will be sure to get you moving and make the best of this summer!



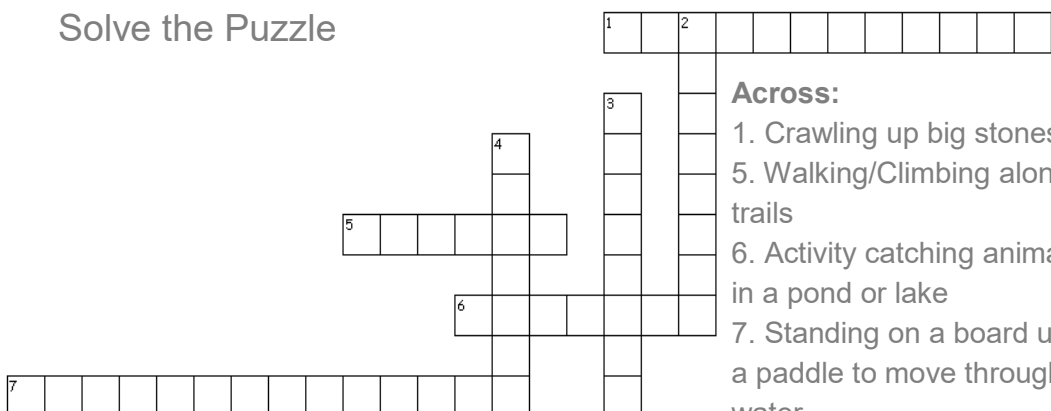
"This summer I am most looking forward to going camping with my friends and roasting marshmallows to make s'mores."

-Miss Julia



With so many adventures to do here in Ohio it is hard to choose just one. One destination here in Ohio that offers several different adventures is Hocking Hills which is just south of Columbus. Down at Hocking Hills not only can you go hiking through beautiful nature, but you can also rent and ride ATVS as well. Ziplining is another beautiful, exciting adventure you can go on. You can either start at the beginners level or do more advanced sessions where you can go up to 50 miles per hour over some of the most beautiful landscape Ohio has to offer. Other activities include canoeing, rock climbing, and horseback riding. No matter what kind of adventure you're looking for you will for sure find it at Hocking Hills!

Solve the Puzzle



Across:

1. Crawling up big stones
5. Walking/Climbing along trails
6. Activity catching animals in a pond or lake
7. Standing on a board using a paddle to move through water

Down:

2. A type of boat you ride gently in the water
3. Single boat you paddle in water
4. Walking really fast

Parent Tip: Knowing Limitations

As parents it is easy for us to avoid big excursions and adventures with our little people. A lot of times this can be due to the fact that taking our kids on physically demanding adventures can be very difficult and draining not just for us, but our children as well. Here are a few things to keep in mind when going on a big adventure with your kids.

Summer Bucket List Adventures

- Have a water balloon match
- Plant a vegetable or herb garden
- Run through the sprinklers
- Have a spa day at home
- Do a movie marathon of your favorite series
- Build a blanket fort
- Tie-dye T-shirts



When planning a big adventure a key aspect to be aware of is knowing your limitations, both your own and your children. Knowing those physical, emotional, and cognitive limitations can help make larger adventures more successful. It's important to be mindful of these so that we can tailor adventures to them as well as push those limits when time and do so gradually. No matter what kind of adventure you are planning hopefully this tip will help make it successful!



Lots of Laughs

- What do you call an alligator in a vest? *An investigator*
- Why did Darth Vader turn off one light? *He prefers it on the dark side*
- What's faster hot or cold? *Hot, because everyone catches a cold*

Fun Fact:

Did you know that June 24th is typically referred to as "Midsummer's Day?" Traditionally it signifies the halfway point between planting and harvesting during the growing season.



The Beauty of Nature

Summer here in Ohio usually means we're all scrambling to be outside in the sun or inside with the air conditioning due to the heat. With COVID-19 and the civil unrest many of us, even those who aren't crazy about the hot Ohio weather, are just itching to get outside and do something. One way to do that and beat that summer heat is to go watch a sunrise or a sunset.

It is so easy to get caught up in life and its frustrations, especially right now with the pandemic, civil unrest, and cancellation of so many things. When this happens it is easy for us to forget that there are things we can do and enjoy right where we are if we just stop and take a look. Depending on whether you are a morning or evening person, you should grab some blankets, your family or friends, hop in your car and drive to the most gorgeous scenic area you know. Together you can watch the sunrise or sunset and make memories as well as remind yourself that there are still good things happening in the world. No matter what you decide to do just make sure you have fun!

Family

Discussion Topic

Would you rather spend your time inside or outside?



Resources

- [Zenlifeandtravel.com/the-best-summer-activities-in-columbus-ohio/](https://zenlifeandtravel.com/the-best-summer-activities-in-columbus-ohio/)
Check out this website for updated events still happening in and around Columbus!

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