

THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

Our Strength in Family

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As this quarantine seems and feels endless, it can be easy to get lost in those overwhelming feelings of loneliness and frustration. And while many of us are away from friends and loved ones, most of us are surrounded by them as well.

In this issue of the newsletter we are going to be talking about family and how family, whether together or apart, can help us survive this COVID-19 pandemic.

Activities for Self & Family

With the COVID-19 pandemic and quarantine lasting longer than most of us anticipated, several of us have fallen into an uneasy yet semi-comfortable routine. While this routine helps us create some type of normalcy we are still subject to those uncomfortable feelings. And while many of us have made a tenuous peace with our circumstances, however, several of us are still struggling day to day. Here we are going to talk about how to cope with these uncomfortable feelings with our families.



Something that can help us cope with our uncomfortable feelings is to work on a project. Some projects you can do are painting a landscape, making a succulent garden or creating your very own DIY lamp. No matter the project what is really cool about these activities is that not only do you get to engage your creative side, it's also something you can do with your family and friends over video chat or in person. These types of activities will allow us to feel grounded and connected to our loved ones. Let us know what stuff you are doing with your family and friends!

Solve the Puzzle

							32
1		5	3	0	0		18
	2	2				0	22
0	1		0		5		11
2	0				2	1	18
					7	3	26
	7	5					27
			0	6	6	4	29
19	24	20	16	29	28	15	23

“Since being put into quarantine, one new hobby that I have started is journaling. I find that it helps get out all of the jumbled thoughts in my head. Not to mention I have also discovered that I really like writing.”

-Miss TJ

Directions:

1. The missing numbers are integers between 0 and 7
2. The numbers in each row add up to the total on the right
3. The numbers in each column add up to the totals along the bottom
4. The diagonal lines also add up to the total on the right



Parent Tip: Communicating with your Child

As parents it can be difficult communicating with our children under the best of circumstances, but with quarantine it's more important than ever to do so. Mostly because being confined can take a toll on our children's mental and emotional states. Without the support of friends, being able to communicate with parents and family becomes incredibly important.

Ways to improve communication with your child is to set time aside to talk with them. During your chat be sure to listen to your child not to respond but to understand. Validating their feelings and experiences is also important as well. By doing this it can build your relationship with your child as well as open the lines of communication when things are going well and when things get

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

- *Undine* by Penni Russon
- *The Family Upstairs* by Lisa Jewell
- *William Meets The Stick Family* by Karen Voss Peters



Lots of Laughs

Fun Fact:

Did you know that May is "Get Caught Reading Month?" Send us a photo of you reading to be entered in to win a special prize! ogsprevention@gmail.com

- How does the Man on the Moon cut his hair? *Eclipse it*
- What's a banana pee's favorite type of shoe? *Slippers*
- What's a writing utensil's favorite place to go on vacation? *Pencil-vania*



Resources

- <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/resources-for-parents-and-families/Resources-for-Parents-and-Families>

DIY Color Party

With all of the stress, pressure, and anxiety most of us are feeling due to COVID-19 and quarantine it is easy to isolate and get lost and overwhelmed by those feelings. One thing that can help combat these feelings is to let them out by doing something fun and light-hearted that lets us forget all of the craziness for just a little while.



One way to do this is to have a color party. All you need is cornstarch or flour, water, food coloring, and a blender. In a metal or glass bowl mix 2 parts cornstarch or flour to 1 part water. Once you have the ingredients completely combined next you add the food coloring of your choice. Once you have the color mixed in leave it out to dry. You'll know its

ready once the mixture is cracked and has a dry textured look. Next you'll break it up and place it into the blender and grind it until it becomes a fine powder. Repeat this as many times as you like with different colors. Once done go outside with your family and throw your colored powder at each other having your very own color party.

Family Discussion Topic

What is something you would like to do more with your family?

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