

# Summer Series for Families During COVID-19

## Session 2: Re-energize Your Summer Skills Retention Toolbox

July 13, 2020

Hosted by:

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Ohio Family to Family Health Information Center



# Welcome to our virtual training!

Summer Series

How will this “virtual” session work?



- Participant's video functions are turned off
- Microphones are muted until the end of the presentation.
- If you are joining by video, please enter your questions via the chat box
- This webinar is being recorded and will be available to access, along with a pdf of the slides, within two weeks on our website at: [www.ohiof2f.org/training-materials](http://www.ohiof2f.org/training-materials)

Thank you!

# Mark your calendar!

## Summer Series

### **Session 3: Planning for the Start of the School Year** **Monday, August 3, 2020, 1:00pm – 2:30pm**

A panel of professionals (from Disability Rights Ohio, Ohio Coalition for the Education of Children with Disabilities, and a school Parent Mentor) will share: How to have compensatory education conversations, an overview of negotiation skills, and how to advocate for having an appropriate plan in place.


Register [HERE](#)

<https://www.eventbrite.com/e/ohf2f-summer-series-during-covid-19-3-new-school-year-tickets-110003563620>



### Today our panelists will share:

- Free online activities that will help improve skills and connect families to physical and academic activities
- Low tech options that can be used as part of your daily activities both inside and outside, alone and as a family.
- Strategies to inspire families to focus on the little things and stay positive in order to make it through the second half of summer and prepare for the next school year.

A light gray mandala pattern with intricate floral and geometric designs serves as the background for the text.

# Re-Energize your Summer skills retention toolbox: Speech-Language Therapy

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# Free Online Activities

# Apps

- Your preferred Search Tool & key words!
- YouTube
- Pinterest
- Tarheel Game Play  
<https://tarheelgameplay.org/find/>
- The Game Gal  
<https://www.thegamegal.com/>
- Teachers Pay Teachers  
<https://www.teacherspayteachers.com/>
- PBSKids.org
- LOL.Disney.com
- Funenglishgames.com
- Story Creator (can be used for anyone!)
- Lingraphia TalkPath Therapy
- Talking Tom, Ginger, Hank, Pierre, etc...
- EPIC! Search Free children's books
- Sort it Out
- Make Talk (for teens & young adults)
- Let's Be Social
- Let's Learn Emotions
- 10 Ways – A social skills game
- Little Finder (also has ABC's addition)
- Mad Lib
- Wordscapes, Word Shatter or Word searches

# ‘Fun’ctional Outdoor Play

**Be creative with activities you already enjoy as a family.**

Ask yourself: “How can I work in speech/language goals?”

## **Going on a walk**

- Scavenger Hunts (think: colors, categories, speech targets)
- I spy/ “I see/hear \_\_\_\_.” (expanding expressive language)
- Ask social questions/ conversation turn-taking.

## **Playing in the yard**

- Simon Says (following directions, receptive language)
- Use preferred activities as motivation (Ex: Playing catch, Pushes on a swing, turns on the slip & slide, etc.) Sky is the limit with speech-language options!

# ‘Fun’ctional Indoor Activities

**Be creative with activities you already enjoy as a family.**

Ask yourself: “How can I work in speech/language goals?”

- Book sharing (Best APP is your – LAP!) – Builds language and literacy Skills.
- Playing board games or card games. (How can it be adapted?)

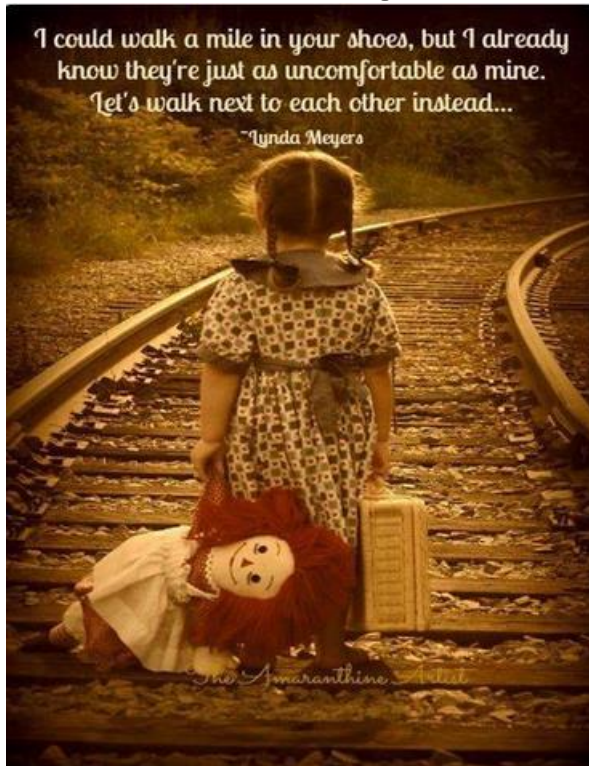
<https://www.youtube.com/watch?v=czNcsIKL5Z0>

Any of the activities listed below are rich in all speech/language opportunities to adapt to what you are wanting to focus on.

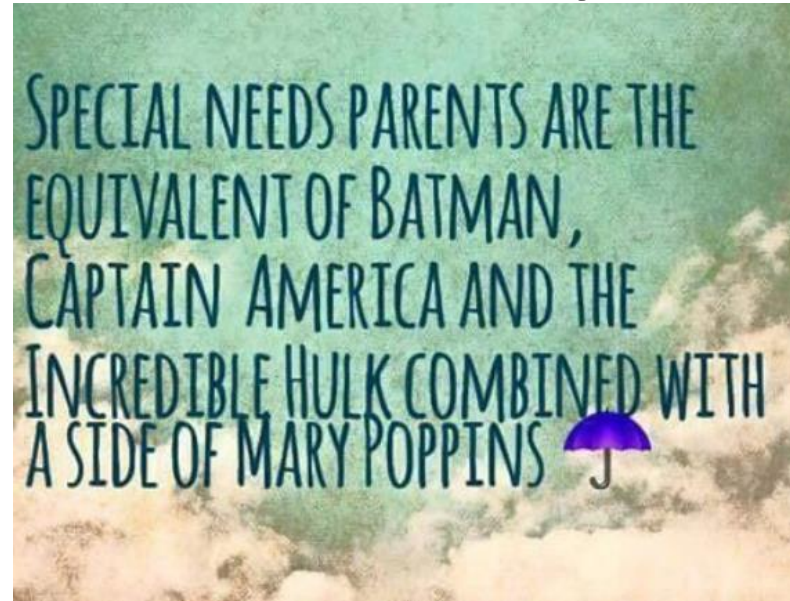
- Interactive/pretend play activities
- Cooking/baking
- Arts/Craft activities



# Inspiration and Positivity



<http://www.picturequotes.com/walk-in-my-shoes-quotes>



<https://www.facebook.com/PPAL.net/photos/are-you-more-superman-or-mary-poppins/10156196598751089/>

# Resources

## **Video:**

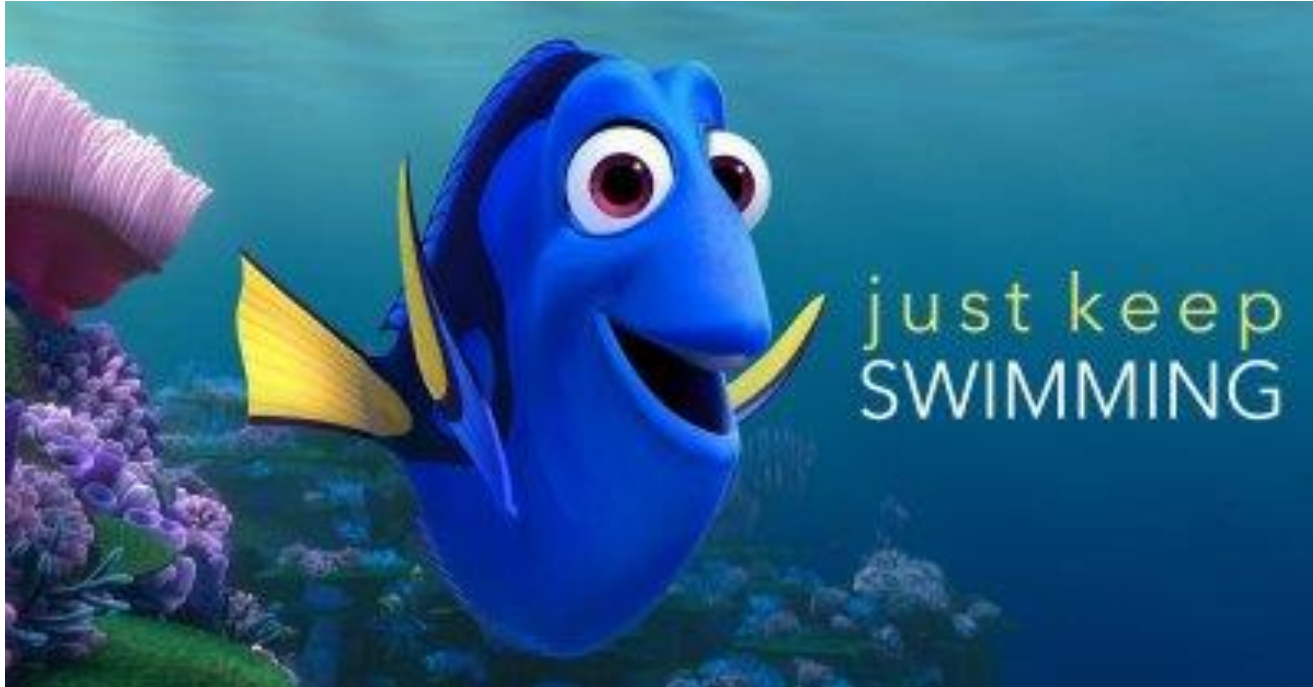
“Social skills for Students with Autism – Modified Uno.” YouTube, uploaded by ABA SPEECH Your Autism Resource youtube channel, May 1, 2017. [www.youtube.com/watch?v=czNcsIKL5Z0](http://www.youtube.com/watch?v=czNcsIKL5Z0)

## **Images:**

Picturequotes.com, retrieved on 7/8/2020

<http://www.picturequotes.com/walk-in-my-shoes-quotes>

Parent professional Advocacy League facebook page, retrieved 7/8/2020



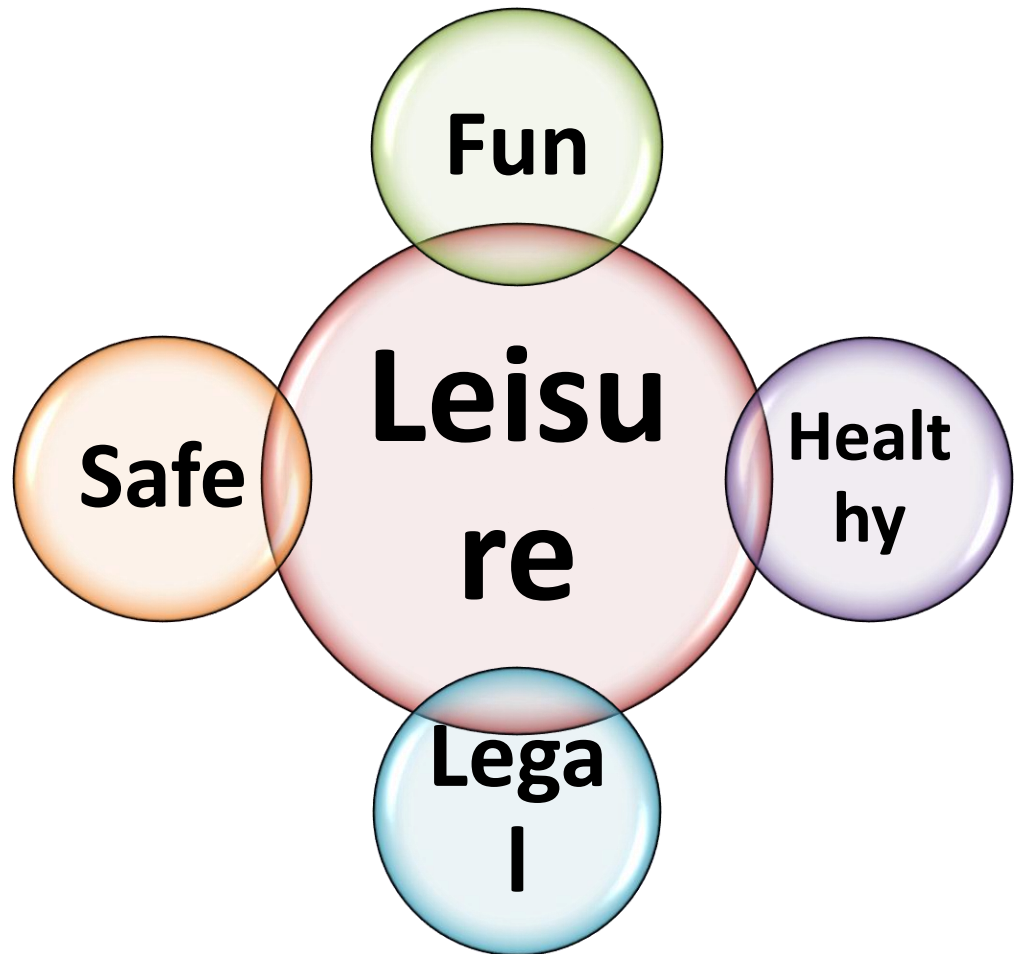
[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

**...and other ways to remain active during the pandemic**

**Valerie Lazzara Mould, M.A., CTRS**  
**The Ohio Recreational Therapy Association President-Elect**

**LEISURE**

**PART OF A  
HEALTHY  
LIFESTYLE**



# Leisure | Facts

- Key for a healthy lifestyle for individuals of all ages.
- More than just fun and games.
- Impacts all domains of wellness.
- Should be a *right* not a *privilege*.
- Leisure-based screen time is not the enemy.

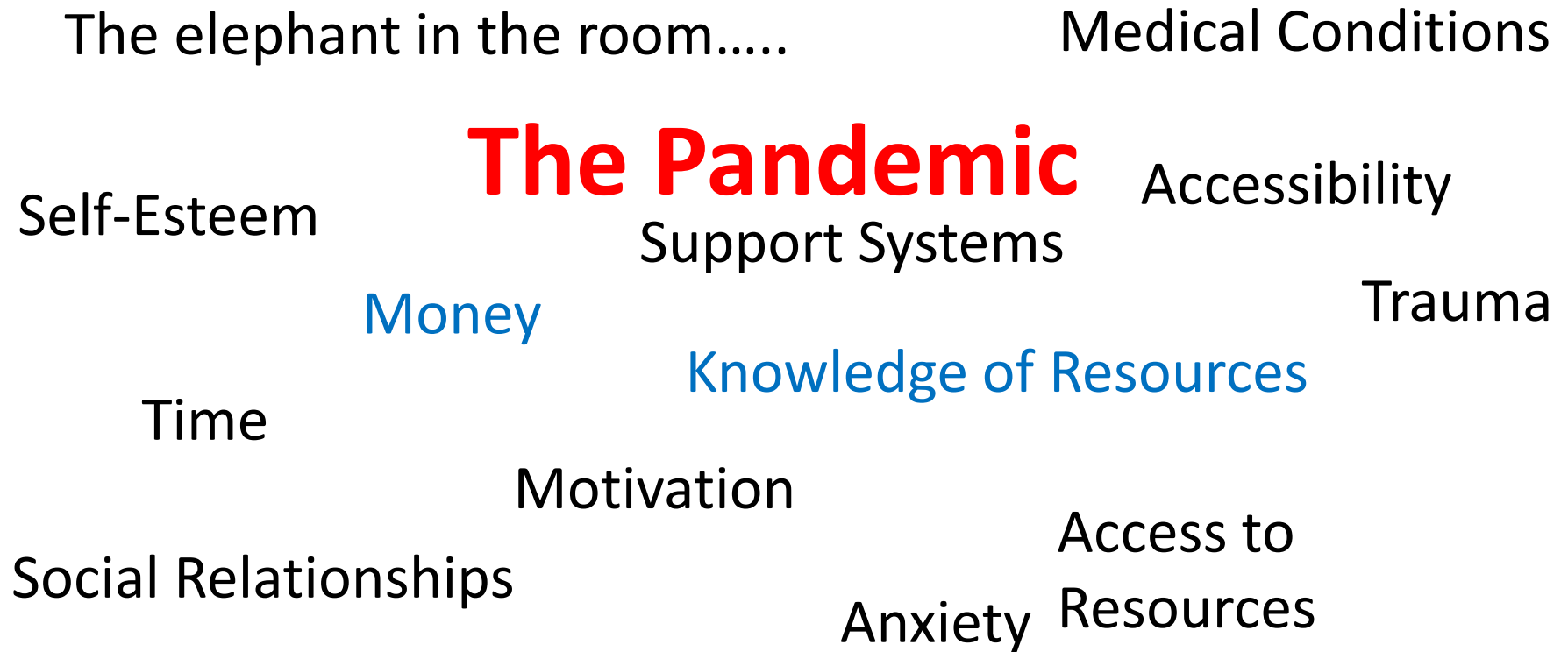
# flow [ floh ]

“Flow is one of life’s highly enjoyable states of being, wrapping us entirely in the present, and helping us be more creative, productive, and happy.”

(Moore, 2020)

<https://positivepsychology.com/what-is-flow/>

# Barriers to Leisure



# FREE ONLINE RESOURCES





# Free Online Resources

During the pandemic there has been a rise in online resources.

- Many of these resources are free and can be accessed by anyone.
- Many membership-based organizations are providing free resources to non-members.
- Outlets such as Facebook, YouTube, Pinterest, and dollar stores can be very effective.

# YMCA

- <https://ymca360.org/>
- Typically a members only site but currently available for free to all.
- Has a variety of videos of YMCA led classes including:
  - Youth Sports
  - Active Older Adults
  - Recovery
  - Arts (cooking, dance, preschool art, poetry)

# Community Centers

- Like the YMCA, many community centers are offering free programming.
  - Most times you do not need to live in the city to gain access.
- Use search terms such as “virtual” or “free” programs.
- Example program:
  - Westerville Community Center, Westerville, Ohio
  - <https://parks.westerville.org/programs/virtualrecreation>

# National Academy of Athletics

- Offers free sports drills for kids.
- <https://nationalacademyofathletics.com/youth-sport-video-skills-and-drills/>

# Girls Scouts At Home

- The Girl Scouts of Ohio's Heartland is offering virtual programming and online resources.
- Geared towards girls in the program but available to all.
- Video programming provided through Facebook Live.
- <https://www.gsoh.org/en/activities/gsoh-at-home.html>

# “Parent” Websites

- Many “parent” resources are available online and in print.
- Different versions are available for different cities.
- Some information is city specific while others are global ideas anyone can use.
  - <https://cincinnatiparent.com/>
  - <https://www.columbusparent.com/>
  - <https://daytonparentmagazine.com/>
  - <https://www.northeastohioparent.com/>
  - <https://toledoparent.com/>

# YouTube

Many resources exist on YouTube other than vines and “how to play *Fortnite*” videos.

- Pre-recorded versions of games like *Just Dance* and *Xbox Zumba*.
- Free workout classes (all kinds).
- Drawing and other art tutorials.
- Bob Ross painting videos.
- “How to make” videos (slime, mandalas, edible dough).

# Geocaching

“The world’s largest treasure hunt”

- Find a geocache hidden in nature.
- Track your finds on the website or app.
- <https://www.geocaching.com/play>



# Facebook

- Follow favorite organizations for current updates.
- Use Facebook Live videos to take classes, tours, workouts, etc.
- Use Facebook groups to get ideas from other parents, caregivers, and professionals.

# Diagnosis Specific Organizations

- Many organizations that specifically support education and research for a diagnosis may have some resources to offer families.
- Example: The American Heart Association
  - Has been offering fitness and cooking demonstrations via Facebook Live.

# CAP4Kids.org

- National organization called The Children's Advocacy Project.
- Has one chapter in the state- Columbus.
- Provides resources in a variety of areas including leisure, transportation, food, shelter, domestic violence, teens, and more.
- <https://cap4kids.org/columbus/>



# **GROSS MOTOR ACTIVITIES**

# Gross Motor Activities

- Anything that gets you up and moving.
- It does not have to be exercise to be gross motor.
- 60 minutes of physical activity is recommended daily.
- Some medical conditions have different recommendations and following physicians' orders is necessary.

# Obstacle Course

- Household items can be used to build a course.
- Chalk drawn courses are also an easy alternative.
- Different “stations” can be throughout the course.
  - Require an action before moving to the next stage of the course.
- Search “obstacle course at home” for many online ideas.

# Dance

- Dance parties are an easy gross motor outlet.
- Turn on your favorite song and dance it out!
- Learn line dances such the *Electric Slide*, *Casper Slide*, and *Jump On It*.
- Learn choreography to your favorite music video/movie.
- Play *Just Dance* via a gaming system or YouTube videos.

# Scavenger Hunt

- Make a walk more fun by going on a scavenger hunt.
- Indoor scavenger hunts are also possible.
- Make a themed hunt.
  - How many birds can you find on our walk?
  - How many things the color red can you find in the house?
- Search “scavenger hunts for kids” for free ideas online.



# Photography Walks

- Spice up a typical walk by adding photography.
  - Use a camera, phone, or tablet to take pictures.
- Make a check-list of items to photograph before the walk starts.
- Walk to a location then take pictures then walk back.

Photograph whatever inspires you.

# Photography Walks

- Take it up a notch by:
  - Reviewing the photos as a family when you get home.
  - Printing some pictures to make a photo wall in your home.
  - Using an online photo storage to save pictures.
  - Submit photos to publications.
  - Post photos on social media to share with friends and family.

# Target Practice

- Using an old tarp or sheet, cut out a variety of holes as “targets”.
  - Tape the border of the holes with duct tape to keep it from fraying.
  - Make each hole a different point value.
  - Take turns throwing the ball at the target to earn points.
- Search “DIY tarp target game” for ideas.

# Let There Be Water

- Water balloon games are fun but can be time consuming and bad for the environment.
- Create reusable “sponge bombs” by cutting kitchen sponges into strips and zip tying them together.
- Set up water buckets in the yard. Dip and throw the “sponge bombs” over and over.
- Watch this YouTube video to learn how to make them.
  - <https://youtu.be/xmrp0BZzvSM>

# Teddy Bear Picnic

- Have your teddy bear host a picnic!
- Leave clues from the teddy bear to your child ending with the last clue at the picnic.
- Use the song to play and dance with the teddy bear.
  - <https://youtu.be/64o5oEhUf0M>
- This activity is geared towards a younger audience.
- Search “teddy bear picnic” to find other activities that can go along with the theme.

# Cooking

- Cooking can provide many gross motor outlets.
- Standing and stirring, mixing, decorating, etc. gets you up and moving.
- Cooking provides other benefits as well.
  - Food exploration and education.
  - Following directions and listening skills.
  - Safety and judgement skills.

# Stand Up!!

- Many outlets that do not seem gross motor can be made more active just by standing up.
  - Play a card or board game standing.
  - Do art standing.
    - Tape paper to the wall.
    - Use an easel.
  - Play a video game standing.
  - Walk around while talking to a friend on the phone, text, or video chat.

# Add a Rule

- Add a rule to any activity that incorporates gross motor outlets.
- Examples:
  - UNO- add activities that are required for different cards or colors of the game.
  - Movies- add activities that are required when a certain character is on screen or using a catch phrase. (*"I don't say blah blah blah"*)
  - Video games- add activities between each level of the game.



# **MAKING THIS WORK FOR YOUR FAMILY**

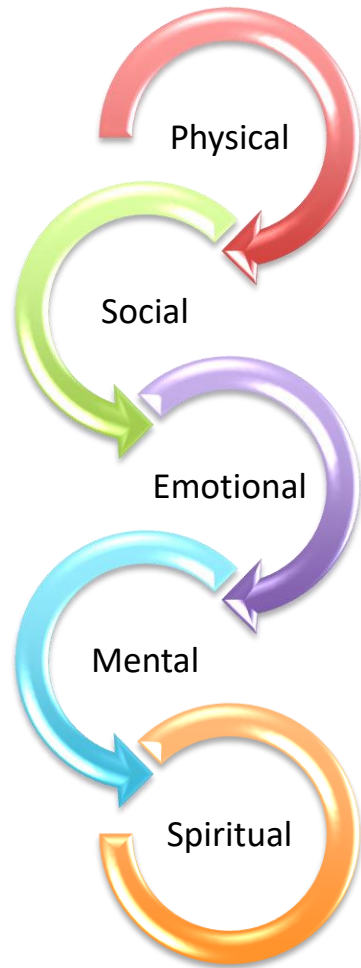


# Monkey See...Monkey Do

- Kids learn more from what they see then what you say.
- Adults should be involved in the activity when possible.
- Even if you cannot perform the activity fully, be a judge, referee, score keeper, banker, teammate, etc.

# How to Motivate Your Family

- Make the activity more fun by adding competition.
  - Have a prize for the winner such as one less chore.
  - Pair up siblings and give the winning team bragging rights.
  - Winner picks dinner.
- “Prizes” do not have to cost money.



- These five domains of wellness are essential for everyone.
- During the pandemic, it is important to take notice of how you, and your family, are doing in each area.
- Using leisure to promote wellness across all domains is a great tool for success.

# What's Next

- Knowing what is right for you and your family cannot be determined solely by any one factor.
- Balancing safety with meeting your needs for overall wellness is key.
  - Safety should be a priority.
- The Ohio Department of Health provides some guidelines for activity during the pandemic as well.
  - <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/checklists/english-checklists/>

# What's Next

- Keep yourself in the know and engaging in a variety of outlets can help.
  - Dust off old games.
  - Try something new.
  - Find a movie list and check it off.
- Being outdoors is necessary even if it is just your front porch or backyard.
- Screen time can be utilized to maintain social groups, find resources, do homework, and play games.
  - The bigger enemy than screen time is doing the same screen-based outlet for hours and hours, day after day.

# What's Next

- In a time that feels so out of our control, giving back can be helpful.
  - Donate money or items to those in need.
  - Reach out to a friend or family member to check-in.
  - Send a “just because” card.
  - Make art and send it to a nursing home or frontline worker.
  - Find a pen pal.

# Questions

For additional questions please contact me at:

Valerie Lazzara Mould

Ohio Recreational Therapy Association President-Elect

[OhioRTA@gmail.com](mailto:OhioRTA@gmail.com)





# **Supplementing Student Growth and Development in the Face of a Remote Learning Model**

Compiled by Hollie Miller MA

[holliesmiles@fuse.net](mailto:holliesmiles@fuse.net)

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# Easy Home Activities that help all children ...

- **-Provide your child structure (check dropbox for examples)**
- **- Read out loud to your child (choose books with colorful pictures, familiar characters, and/or that have a sing-song or rhythm to them). Chapter books are great for older students, google topics of interest and check out digital books on your local Library page.**
- **- Go out on a walk and point things out! Use lots of language (ie. There's the red stop sign! S-T-O-P, and look at how tall that tree is- we are under the tree, etc.)**

# Easy Home Activities that help all children...

- - Work on simple tasks such as getting towels out and putting them into the laundry basket, stacking cups to put in the cupboard, putting spoons into the dishwasher, or any other in and out tasks you can think of....be creative and have fun. Everyone needs life skills...include them in learning those you complete each day.
- - Another great activity is opening containers you may have around the house. Hide objects inside and have your child open the container to find what is hiding inside. Coffee cans are great for this game, as your child can hear different sounds made from shaking the can.. Once your child opens the container, name the object and talk about it. Is it soft, shinny, etc. Use descriptive words, they are listening.

# Easy Home Activities that help all children...

- Work on washing their face after a meal, either your or your child can get a washcloth wet, then have them work on the learning the pattern of putting the cloth around their mouth area after a meal. Offer hand under hand assistance if needed.
- Language, language, language!! Talk to them lots! Explain what you are doing as you do (“I am putting the jelly into the fridge. Brrrr! It’s cold in there!”) It may feel silly, but that’s ok!

# Take Aways....

- **Google Hollie Miller on YouTube I have circle time videos for younger learners.**
- **READ each day!!! I cannot stress this enough, this is the single most important activity you can complete daily.**
- **Narrate everything, as often as possible!!!**
- **Specific praise is essential. Create a bad day box and virtue box and read and visit them often. This will benefit the entire family. It also adds reading and writing practice into the family routines.**
- **Have fun and ask question or Google new ideas.**

Questions? Email me at [Holliesmiles@gmail.com](mailto:Holliesmiles@gmail.com)

# Questions





# How to reach us

- Ohio Family to Family – [www.ohiof2f.org](http://www.ohiof2f.org)
- Ohio Parent to Parent - [www.ohiof2f.org/ohiop2p/](http://www.ohiof2f.org/ohiop2p/)



**Amy Clawson** – Northern Ohio Family Specialist  
Family Information and Resource Specialist, Ohio F2F  
[amy.clawson@cchmc.org](mailto:amy.clawson@cchmc.org)  
(844) 644-6323, option 3

# How to reach us



UCCEDD <https://www.ucucedd.org/>

Family Support Coordinator-  
<https://www.ucucedd.org/family-support/>

[Celia.Schoemer@cchmc.org](mailto:Celia.Schoemer@cchmc.org)  
(513) 636-4723

# UCCEDD COVID - Specific Resources

<https://www.ucucedd.org/covid-19-information-for-people-with-disabilities/>

<https://www.ucucedd.org/ctlc-tools/>

[www.ucucedd.org/wp-content/uploads/2020/06/Reshas-story.pdf](http://www.ucucedd.org/wp-content/uploads/2020/06/Reshas-story.pdf)

[www.cincinnatichildrens.org/service/d/developmental-behavioral/patients/outreach](http://www.cincinnatichildrens.org/service/d/developmental-behavioral/patients/outreach)

<https://ohiofamiliesengage.osu.edu/2020/05/28/supporting-student-growth-over-the-summer/>

<https://www.summerlearning.org/resources-for-programs-and-families-during-school-closures/>



