

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 1

WE'RE HERE FOR YOU



As we make our way through this difficult time, the YMCA wants to ensure that we stay connected with our families and that we do our best to keep offering some of the support, opportunities, and encouragement your children have grown to expect from us. To do that, our team has been working hard to create some fun resources for kids to look forward to during this pause in our regular lives. Your Y staff teams will be sending daily emails with fun activities for children and families. To encourage healthy habits we'll include daily ideas for active play (scavenger hunts, kids yoga, kids Zumba and more),

some quick and painless character development work that really works, and STEAM (science, technology, engineering, art and math) projects for all ages. We hope these resources help pass the time and encourage your child to keep up those healthy habits for spirit, mind, and body.

Character Development: Respect

Y Chats: Who is someone in your life you respect and why?
What does it feel like to be respected?

Activity: Minefield

Materials and Set Up: Mines (furniture, stuffed animals, pillows, etc) and blindfold (can use a T-shirt). 2+ players. Place "mines" across the room.

Play: Pair up. One is a guide and stays in one spot, the other has to cross the minefield without bumping into any mines while blindfolded!

Follow Up: How does this relate to respect? Did you trust your partner to lead you across the minefield?

DAILY SCHEDULE

Adapted sample schedule

Before 8 a.m. Wake Up

Activity Eat breakfast, make your bed, get dressed, tidy up

8-9 a.m. Morning Walk

Activity Get moving outside or do yoga if it's raining

9-10 a.m. STEM

Activity Engineering Bridges

10-11 a.m. Academic Time

Activity Work on school packets, sudoku, flash cards, journal

11 a.m.-12 p.m. Arts & Crafts

Activity Monster Clothes Pins

12-12:30 p.m. Lunch!

12:30-1 p.m. Chores

Activity Wipe down tables and chairs

1-2 p.m. Quiet Time

Activity Reading, Puzzles or Nap

2-3 p.m. Movement

Activity Bean Bag Races & Minefield

3-4 p.m. Cooking Project

Activity Super Smoothie Bowls

4-5 p.m. Outside Play

Activity Bike, walk or play outside

5-6 p.m. Academic Time

Activity iPad Games, Educational Show

6-7 p.m. Dinner

7-8 p.m. Free Time

Activity Kid's Choice

ARTS & CRAFTS: DIY MONSTERS

Equipment: sticks or clothes pins, paint, googly eyes, pipe cleaner, paper, glue



How to: Paint sticks or clothes pins. Wait to dry. Cut out mouth/eyes/body parts from the paper. Glue on googly eyes (or draw w/ sharpie), paper body parts, and pipe cleaner to create your monster!

Extension: Create a story using your monsters and act it out for your family.

STEM: BUILDING BRIDGES

Design Materials: Paper, pencil, coloring materials

Building Materials can include: tape, paper clips, scissors, cardboard tubes, popsicle sticks, straws, disposable cups, pipe cleaners, egg crate, any other item you have on hand

Design: On a sheet of paper, draw a plan for your bridge while answering important questions. How long will the bridge be? What will cross the bridge? People? Cars? A Train? What style will the bridge be? (This would be a great time to do some research!)

Build: Use paper to create a body of water for your bridge to go over. Use your materials to build a suspended bridge extending from one side of the water body to the other. Don't forget to include a way on and off of the bridge.

Extension: How much weight can your bridge hold? Add pennies one at a time to see how many your bridge can support. Can your bridge hold 100 pennies?

Share: Show off your hard work! Send a picture of your design and bridge to Miss Sam: sapplegate@ymcawnc.org



MOVEMENT: POPSICLE STICK WORKOUT

Equipment: at least 8 popsicle sticks (or paper), cups, dice, paint (optional)

Set Up: Write exercises on sticks RUN LAPS, JUMPING JACKS, PUSH UPS, LUNGES, SQUATS, BURPEES, MOUNTAIN CLIMBERS, SIT UPS, etc. Ask kids if they have any favorites or Google! Paint to color-code "cardio, upper body, lower body, abs" & label cups "WORKOUTS" & "COMPLETED", if you want. If you don't have a dice, google "roll a dice" for a generator!

How to Play: To play, someone rolls the dice for the number of reps & then selects the workout exercise. If you only have 8 sticks, return the stick to workout cup so you can repeat. Play for 20 minutes & then stretch for 10.

COOKING: SUPER SMOOTHIE BOWLS



Smoothie Bowl Art: Create a design using the toppings. Nutrition Connection: A balanced smoothie w/healthy proteins, fats, and carbs will keep you feeling full and give you a boost of energy!

Ingredients

- Frozen bananas
- Frozen berries
- Milk of choice
- Topping Ideas: granola, shredded coconut, chia seeds, sliced fresh fruit

Instructions

1. Combine frozen bananas, berries and milk in a blender and puree until smooth. It should be thick!
2. Slice fruit and assemble toppings.
3. Pour smoothie into bowls and decorate with toppings.
4. Enjoy!

Adapted from [Bakerita](#)

Resiliency Tip of the Day

Sense In: When emotions get high, have your child "sense in" to where they feel it in their body. It helps get them grounded and focused.