

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

40 N. Merrimon, Suite 301, Asheville, NC 28804

YBC Phone: 828-251-5910

Email: ybc@ymcawnc.org

DAY 10

HAPPY WORLD THEATRE DAY!

Did you know that the performing arts play a hugely significant role in helping children to develop their creative skills. Educational theorists are increasingly emphasizing the importance of "emotional intelligence", developing a creative mind and fostering personalities and imaginations as children make their journey through school, to become happy and well rounded individuals.



While Performing Arts allow children to develop creative passions, they simultaneously teach children language and communication skills, helping them to communicate effectively with others with confidence.

Performing Arts are all about self expression, exploring alternative options and embracing individuality. It's not black and white, or about right or wrong answers, and this allows children to develop self confidence and belief in themselves. With improved self confidence and self belief, comes a natural pathway for children to go on to master many more skills that will equip them for life.

While we adults are using up every bit of create juice to keep our kiddos entertained, take the time today to allow your child to get creative. Sing, dance, perform a skit, and imagine!

*Source :<https://www.pentagonplay.co.uk/news-and-info/the-benefits-of-performing-arts-in-school>

Character Development: Courage

Y Chat: What have you done lately that has made you feel brave? Is courage something you are born with or is it something you learn and develop?

Activity: Draw your superhero!

What qualities do they possess? How do they brave the storms of life? Draw their powers as well as their outfit and surroundings. How can you embrace your powers? Each of us is born with at least 3 powers. Make your list and become a hero!

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 a GoNoodle.com exercise

9-10 a.m. STEM

Activity Heart shaped math puzzle

10-11 a.m. Academic Time

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

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

Activity Spring Tree Painting

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 Crazy 8 Emoji Dance

3-4 p.m. Cooking Project

Activity Thai Veggie Lettuce Wraps

4-5 p.m. Outside Play

Activity Go outside and practice what makes you incredible

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 AND CRAFTS : SPRING TREE

Materials: paper, paint, paper, scissors, pencil, tape

Instructions: Trace your hand and arm on a piece of paper. Cut it out.

Roll up a couple pieces of tape and place on the back of the arm cut out. Tape arm a white sheet of paper.

Use your thumb to paint dots around your arm tree.

Take off arm cut out and use a marker or paint to color the tree.



Thai Veggie Lettuce Wraps

Ingredients: (makes 12 small portions)

- 3 Tablespoons Hoisin sauce
- 3 Tablespoons soy sauce
- 2 Tablespoons rice vinegar
- 2 teaspoons canola oil
- 1 package Extra Firm Tofu (drain out the water, dry excess liquid with paper towel)
- 8 oz mushrooms, cremini or chestnut
- 2 cloves garlic, minced
- 1/8 teaspoon red pepper flakes
- 4 green onions, sliced
- 12 large lettuce leaves, romaine or butter lettuce work best

Instructions:

1. In a small bowl, stir together the hoisin, soy sauce, and rice vinegar. Set aside.
2. Press the tofu really well with paper towels. Squeeze out as much liquid as possible and pat dry.
3. Heat the canola oil in a large skillet over medium-high heat. When the oil is hot crumble in the tofu, breaking it into small pieces with a spatula. The crumbles should be bigger than breadcrumbs but smaller than chunks! Cook the tofu for about 5 minutes, then add the diced mushrooms. Stir and cook for about 5 minutes, or until the tofu and mushrooms are starting to brown and no liquid remains in the pan.
4. Add the garlic, red pepper flakes, and half of the chopped green onions. Cook for about 30 seconds.
5. Pour the sauce over, stirring to coat everything, and cook for about 1 minute.
6. Spoon the mixture into single lettuce cups, then garnish with more green onion if desired.

STEM: Heart Shape Math Puzzle

Step 1: Create a document on your computer that has 20 identical triangles, print, and cut out. OR use a stencil to draw out 20 triangles then cut out.

Step 2: Build your heart! Ask open-ended questions to prompt your child's thinking. Encourage your child to turn, flip and slide the triangles. (Remember they might get creative and come up with their own heart design and that's okay too!!)

For the younger child: Show your child what the heart should look like and have them match the pattern of triangles on their own blank paper.

Vocabulary:

Congruent– Shapes that are the same size.

Rotation– Turning a shape around a fixed center point.

Reflection – Flipping a shape over a line of symmetry.

Translation– Sliding a shape up and down or side to side.

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



Movement: Crazy 8 Emoji Dance

Choose an emoji from the list below

The object of the Crazy 8 Emoji Dance is for you to create an 8-count dance move that goes with the emoji you chose.

After your dance has been created, perform your for an audience and see if they can guess what emoji matches your moves. Remember, this is a charade game — don't use spoken words or sounds.



Resiliency Tip of the Day

Modeling: Mirror neurons are brain cells that respond in the same way when you perform an action as when you observe another person performing the same action. These mirror neurons are teaching kids how to behave based on what they observe. When feeling stressed, be sure to respond in a way that you would like to see mirrored by your child.