

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 11

SPIRIT WEEK!

You know we at the YMCA can't resist a good theme with A PUNNY NAME! This week we want to bring the spirit of camp and afterschool to your home. Each day we have a different theme and we encourage you and your family to participate. Send us your best pictures for the days theme and you might get the chance to be highlighted on our Facebook page or in our newsletter! Also check out our Facebook page to see if we can get a shot of your favorite counselor dressed up!



Monday– Mathletes Vs. Athletes (Represent your favorite sport/team or show us your brainy side!)

Tuesday–Tie Dye Tuesday

Wednesday–Wacky Wednesday (The wacky and tackier the better)

Thursday– Crazy Hair Day

Friday– Pajama Day

Character Development: Acceptance

Acceptance Y Chat

Who makes you feel accepted for you? What's your favorite thing to do with them?

Acceptance Activity

Draw two circles on a piece of paper so they overlap. In the middle section write your name and the outside sections write two people who make you feel accepted. List ways you feel accepted under your name. List ways you make the other two feel loved and accepted by you under their names. Color in the circles with happy designs!

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 Homemade Snow

10-11 a.m. Academic Time

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

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

Activity DIY Bored Game

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 Cosmic Kids Yoga

3-4 p.m. Cooking Project

Activity Egg White Breakfast Cups

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 : BOARD GAME

Materials Needed: Poster board/Cardboard/Paper, Crayons or Markers

Has your family already played every game you own? Looking for something new to play? Try creating your own board game! You get to make the rules and decide what you want to use. Will your game use cards? Or a spinner? Or will it be a mash up of two games that already exist? Will it be based around your favorite characters? The possibilities are endless!

Think your game is awesome? Send the rules and a picture to Miss Sam; saplegate@ymcawnc.org



STEM: SNOW DAY

Materials: Corn Starch, Conditioner, Bowl, Mixing Tool, Small Accessories (Optional)

All that is missing from this time at home is some snow! This super easy recipe will make you feel like school has been called off because we received a big blanket of the fluffy white stuff. You can add in action figures, toy cars, or use play dough toys to complete your winter wonderland.



How to: Simply Mix 16 oz of Cornstarch for each cup of conditioner and you should have some cool snow!

Share: Show off your hard work! Send a picture of your snow fun to Miss Sam: saplegate@ymcawnc.org

Movement: Cosmic Kids Yoga

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface. We love Cosmic Kids Yoga as it is tailored for children to engage them through story and imagination! Visit their YouTube page and choose from over 100's of videos. <https://www.youtube.com/user/CosmicKidsYoga/featured>



Egg White Breakfast Cups

Ingredients

for 6 servings

2 cups spinach,

1 roma tomato,

2 cups egg white,

salt, to taste,

½ teaspoon pepper

Preparation

Preheat the oven to 350°F (180°C).

Lightly grease a muffin tin.

Then divide equally the spinach across 6 cups.

Dice the tomato, then fill the cups with the tomato and egg whites.

Season with salt and pepper.

Bake for 15 minutes, or until the whites have set.

Serve hot.

Enjoy!

Resiliency Tip of the Day

Rewrite your narrative: Having confidence in your own ability to cope with the stresses of life can play an important part in resilience. When you hear negative comments in your head, practice immediately replacing them with positive ones, such as, "I can do this," "I'm a great friend/mother/partner," or "I'm good at my job." Becoming more confident in your own abilities, including your ability to respond to and deal with a crisis, is a great way to build resilience for the future.