

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 12

REACH FOR THE STARS



Watch astronauts on the Space Station read children's books and perform science demonstrations! Story Time From Space offers a delightful combination of science, literacy, and entertainment through its library of free, family-friendly videos. There are also FREE learn at home activities. Check it out [here!](#)

Fun fact: Did you know the ozone layer has begun repairing itself? The world banned damaging chemicals that were proven to be harming our ozone layer over 30 years ago. Now, research has shown a pause and even reversal of the harm done. Our ozone may even be completely healed in our lifetime!

Character Development: Sympathy

Y Chat: What do you want to be when you grow up and how will you help others? Why is it important to be sympathetic to other people's situations?

Sympathy Activity

Draw how you are feeling today, use colors or just a pencil and make it as large or small as you like. If able have a partner do the same. Switch drawings and see if you can guess how the other feels today.

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 Moon Sand

10-11 a.m. Academic Time

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

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

Activity Papel Picado

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 Sock War

3-4 p.m. Cooking Project

Activity Chocolate Banana Pudding

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 & CRAFTS: PAPEL PICADO

Materials: paper, scissors, glue, string

A papel picado is a color paper decoration that hangs like a banner in Mexican marketplaces and are used for decorations during holidays and special events. Common themes include birds, floral designs, and skeletons. Sometimes, many layers of paper are stacked together to create multiple papel picados at one time.

Directions:

Accordion fold the paper in 1" folds.

Cut small shapes and designs along the folds.

Open the paper to see the design.

Fold the top edge of the paper over the string and glue to hold. When dry, hang your papel picado.



STEM: MOON PHASES

Materials: Oreos, Paper Plate, Pencil, Plastic Knife

Use your plastic knife and the picture to crack open your Oreos and carve out your cream!

WAXING CRESCENT: This is when the Moon looks like a crescent and gets bigger in size from one day to the next.

FIRST QUARTER: Half of the lit portion of the Moon is visible.

WAXING GIBBOUS: This occurs when more than half of the lit portion of the Moon can be seen. It gets bigger in size day by day.

FULL MOON: The entire lit portion of the moon can be seen!

WANING GIBBOUS: This occurs when more than half of the lit portion of the Moon can be seen but it gets smaller in size day by day.

LAST QUARTER: Half of the lit portion of the Moon is visible.

WANING CRESCENT: This is when the Moon looks like a crescent and gets smaller in size from one day to the next

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



Movement: Sock Wars!

Materials: Socks, materials to build forts

The setup of this game can actually be as fun as playing it. Divide into two teams, create some sock balls from pairs of socks, and then each team creates their fort! Blankets, pillows, chairs, and couches are all fair game. Once you have built your elaborate fort, make sure all breakables are cleared away and start throwing! If a kid is hit then they are out for the remainder of the game. The last team standing wins. If you don't mind your kids activity games to get crazy, this is the indoor game for you. It also translates well to an outdoor game – just make sure you bring in all the socks when you are done.



Chocolate Banana Pudding

Ingredients: (makes 12, ¼ cup servings)

- 2 ripe bananas
- 1 cup unsweetened cocoa powder
- 4 Tablespoons cornstarch
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 4 eggs
- 4 cups low-fat milk (can use non dairy)
- ½ cup honey or maple syrup

Directions:

1. In a small bowl, use a fork to mash the banana into a smooth pulp. Set aside.
2. In a medium bowl, use a fork to whisk cocoa, cornstarch, cinnamon, and salt.
3. In another medium bowl, use a fork to lightly beat the eggs. Add the eggs to the cocoa mixture and whisk into a smooth paste. Make sure there are no lumps of dry ingredients.
4. In a medium pot over medium heat, heat milk and honey (or maple syrup). Bring to a gentle simmer.
5. Pour a small amount of milk over the egg and cocoa mixture and whisk until smooth. Add another small amount of milk to the mixture and whisk again until smooth. Continue adding milk, little by little, until about half of the milk mixture is incorporated into the egg and chocolate mixture.
6. Place the pot with the remaining milk back on the burner, and add the egg and chocolate mix to it. Stir together and cook over medium heat, stirring constantly with a rubber spatula. Use the spatula to scrape down the sides of the pot as the mixture is cooking and beginning to thicken.
7. Once the mixture is just thickening, remove the pot from the heat and whisk in the mashed banana. Set aside the pudding to cool while you make the stovetop granola.
8. Spoon the pudding into small cups.

Resiliency Tip of the Day

Rapid Reset: When you feel overwhelmed do heavy work. Pick up a heavy bundle of books, a full laundry basket, or any other item you have around and walk around the room. Sense in to your body. Focus your attention on the weight until your negative feelings start to subside.