

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 13

## APRIL FOOLS DAY PARENT EDITION!

We all have to take a moment and enjoy the silly things in life these days. Here are some great ways to get your prank on and fool your kiddos!

**Jello Drink:** Make a cup full of jello and add a straw for effect, once it sets give them their glass of "juice".

**Sweet Lunch Surprise:** One day of a super sweet lunch won't kill them, right? When lunch time rolls around try one of these pranks: Top a bagel with frosting, or replace the raisins in the box with chocolate chips. You can also take the foil wrap off of chocolate Easter egg-shaped candy (the small kind) and wrap the foil around grapes.

**Brown-E's:** Offer up brownies as an afternoon snack, but everyone will be shocked when they find brown letter Es (get it — brown Es?) instead!

**Backward Day:** Put your clothes on backward and act completely normal. You might even want to insist that your kids go put their clothes on "properly."

**Happy Birthday April Fools' Day to You:** Act like it's your child's birthday. You could put up a banner and some balloons and give him a muffin with a candle in the middle for breakfast. Then sing, "Happy April Fools' Day to you..."

**Shocking Surprise:** Put a fake spider, snake, or something in the mailbox, cabinets, etc. to get a good jump out of them!



## 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** Newspaper Challenge

### 10-11 a.m. Academic Time

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

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

**Activity** Wacky Zoo Animals

### 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** Soccer Practice

### 3-4 p.m. Cooking Project

**Activity** Chicken Parm Stuffed Peppers

### 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

### Character Development: Courage

#### Courage Y Chat

Who is someone that you stand up for? How do you show loyalty?

#### Courage Activity

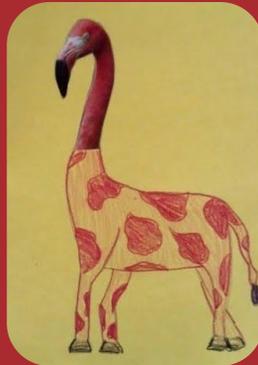
Make a paper airplane, write on the wings things that help you feel stronger, singing, shooting basketball, trying something new, etc. Then see how far you can launch your plane. Read one thing aloud each time you throw the plane and whichever one goes the farthest, (so if you say helping others aloud and that goes the greatest distance) you would do something to help out today that is not already part of your routine. Jets up, you can all become more courageous and amazing!

## Wacky Zoo Animals

Materials: Papers, drawing supplies, print outs of animals, scissors

Directions:

1. Use magazines or a printer to collect pictures of animals.
2. Cut out the animal but only use half of it.
3. Glue it to a sheet of paper.
4. Draw the rest of the animal anyway you want!
5. Name your new species!



## Newspaper Challenge

Challenge: Using 10 sheets of newspaper and 18 inches of tape, build a tower that holds a textbook 6 inches above the table for at least 3 seconds. The tower be free-standing, which means no taping or holding to the table.



For this challenge, I have a couple copies of the same weighted textbook for testing. As students complete their design, I have a student place the text book on top of the tower. If the book is not at least 6 inches above the table or collapses within 3 seconds, they continue re-designing. If the tower holds, they continue to add other textbooks until failure. This way, everyone is aiming to at least hold the first textbook, but a competition keeps the teams working and designing. I was impressed at all the different designs and approaches to this challenge! Note: depending on group size, you may decide to limit the building phase to 10 minutes, stop the time to test all the designs, and then allow another 10 minutes for re-design following by a second round of testing.

## Soccer Practice

As we spend more time outside of school it important to keep up with our physical education. Soccer is an amazing way to not only keep your blood moving for heart health, but also practice your gross motor skills and hand eye coordination. Visit the YMCA of Western North Carolina Facebook page and Follow along with Corey Ginley as he runs through a soccer practice session. (Or click on this link <https://www.facebook.com/YMCAWNC/videos/283791575924929/>)



## Chicken Parm Stuffed Peppers

### Ingredients

- 3 c. shredded mozzarella, divided
- 1/2 c. freshly grated Parmesan, plus more for serving
- 3 cloves garlic, minced
- 1 1/2 c. marinara
- 1 tbsp. freshly chopped parsley, plus more for garnish
- Pinch of crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 12 oz. fresh or frozen breaded chicken, cooked according to package instructions and diced
- 4 bell peppers, halved and seeds removed
- 1/2 c. Chicken Broth

### Directions

1. Preheat oven to 400°. In a large bowl, combine 2 cups mozzarella, Parmesan, garlic, marinara, parsley, and red pepper flakes and season with salt and pepper. Stir until combined, then gently fold in chicken.
2. Spoon mixture into halved bell peppers and sprinkle with remaining 1 cup mozzarella.
3. Pour chicken broth into baking dish (to help the peppers steam) and cover with foil.
4. Bake until peppers are tender, 55 minutes to 1 hour. Uncover and broil 2 minutes.
5. Garnish with parsley and more Parmesan before serving.

## Resiliency Tip of the Day: Identify your feeling

If you can name it you can deal with it. Assign a physical sensation to what you are feeling. When you do so you take its power away and now you are just observing and when you shift your focus to observer you may have an easier time dealing with the discomfort of the situation.