

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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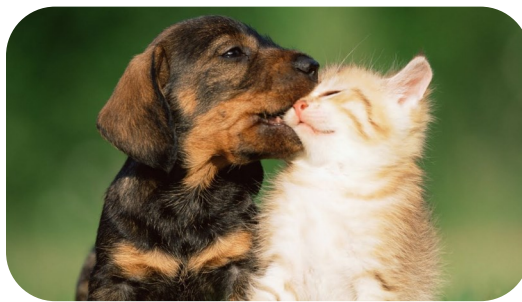
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DAY 14

FIND THE GOOD NEWS

Americans all over the country are stepping up to foster and adopt animals! Due to the spread of the coronavirus, animal shelters everywhere cannot use the volunteers they rely on to help take care of the animals in the shelter. **GOOD NEWS, THOUGH!** So many shelters have so many people wanting to help, they even have waiting lists for families ready to foster or adopt.



Locally, shelters like Brother Wolf and Asheville Humane Society are still looking for loving and patient families to love on some of their animals during a time where families are at home more often than normal.

Want to teach your child responsibility? Try fostering an animal! Want your child/family to get outside and exercise more? Try fostering an animal! Need someone cuddly to spend time inside with on a rainy April day? Try fostering an animal! Can't have animals in your home? Consider sponsoring an animal at a shelter or donating food or toys!

Character Development: Service

Service Y Chat

What is one way you serve your family?

Service Activity

Service Scavenger Hunt: Recycle one thing, pick up ten things throughout the house, help with one meal prep today, wash one dish, read to a family member, thank your family three times.

Circle each as it is completed and at the end of the hunt talk with your child about how it feels to serve others.

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 Shadow Drawing

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 Indoor Obstacle Course

3-4 p.m. Cooking Project

Activity Stove top granola

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: SHADOW DRAWINGS

Materials: paper, toys, drawing tool

Instructions:

- Go outside a couple hours before or after noon.
- Set a piece of paper on your sidewalk, table, or porch.
- Set up your toy dinosaurs, action figures, or whatever toy you want to trace on the edge of the paper so the shadow is positioned on the paper.
- Use your drawing tool to trace the shadow
- Once you trace it, color it in however you want!



Stem: Moon Sand

Materials:

- 1/2 cup Vegetable oil or baby oil
- 4 Cups all purpose flour
- Food coloring (optional)
- Essential oil (optional)
- Large container



Instructions:

- ◇ Measure 4 cups of all purpose flour and dump in large container
- ◇ If you want to add color, squeeze a few drops of food coloring on flour and mix.
- ◇ If you want to make it smell nice, add a few drops of essential oil to flour and mix.
- ◇ Measure 1/2 cup of oil and pour into flour mixture.
- ◇ Use your hands to knead together until it is fully mixed.
- ◇ Now its ready to be played with! Use action figures, plastic animals, etc. to add extra fun!

Share: Show off your hard work! Send a picture of you playing with your moon sand to Miss Sam: sapplegate@ymcawnc.org

Movement: Indoor Obstacle Course

Materials: Any household items

- Crawl under tables.
- Use a Balance Beam (make a line on the floor with masking tape)
- Climb over ottomans or chairs.
- Children need to jump/somersault/crawl/crab walk from one obstacle to another.
- Put down pillows or couch cushions and the kids need to jump from one to the next.
- Perform various exercises like 20 jumping jacks.
- Crawl through a tunnel of blankets or sheets (hang them over chairs, couches, etc)
- Toss 3 sock balls into laundry baskets. You can also throw stuffed animals.

VARIATIONS – MAKE IT A COMPETITION AND TIME THEM TO SEE WHO CAN GET THROUGH THE WHOLE COURSE THE FASTEST.



Stovetop Granola

Ingredients: (makes 3 cups)

- 1 tablespoon coconut oil
- 2 cups rolled oats
- 1/4 cup chopped walnuts
- 1/4 cup sliced almonds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 tablespoons honey or maple syrup
- 1/4 cup dried cranberries or raisins
- 1/4 cup shredded coconut

Directions:

1. Heat a large skill over medium heat and add coconut oil.
2. Once the coconut oil is melted, add the oats, nuts, maple syrup, cinnamon, and salt. Gently mix until everything is well combined.
3. Continue cooking the oat mixture for 8-10 minutes, stirring constantly. When the oats and nuts are golden brown and you start to smell them, remove the pan from the heat and allow to cool.
4. Stir in chopped dried fruit and coconut to the oat mix.
5. Store granola in an airtight bag or container.

Enjoy granola with milk, on top of yogurt!

Resiliency Tip of the Day

When you are out of your resiliency zone, whether amped up or shut down, your “thinking” brain, which is responsible for critical thinking and impulse control, is offline because your “survival” brain, which is in charge of sensation and the fight or flight response, is taking over. Before reacting or making important decisions, use resiliency strategies to calm the survival brain to bring your thinking brain back online.