

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 15

PARENT BINGO

We know that parents need support during this time as much as children do so don't forget to practice self care! Use the bingo sheet below to see how many you can get in one day.

SIMPLE WAYS TO SUPPORT MYSELF AS I
LET GO OF THE THINGS THAT ARE NOT IN MY CONTROL

SELF-SUPPORT BINGO

@NINETYPESCO

yoga	try a new recipe	a puzzle	social-distancing walk	enjoy a cup of coffee
spring cleaning	netflix binge	extra sleep	epsom salt bath	get lost in a good book
three deep breaths	watch the sunset	FREE SPACE	facetime with loved ones	virtual group workout
alone time	cuddle a pet	eat something healthy	drink water	listen to a podcast
lean into creativity	turn off the news	feel my feelings	lower self-expectations	kitchen dance party

Character Development: Selflessness

Selflessness Y Chat

What is something that someone does for you everyday that they don't do for themselves and don't expect anything in return?

Selflessness Activity

Write a kind note for someone in your family and hide it somewhere they will look, behind the cereal, by their toothbrush, etc. Take turns to take the time to show appreciation for what you do for each other with another note or a homemade gift, flower, etc.

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 Engineering Earthquake

10-11 a.m. Academic Time

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

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

Activity Secret Messages

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 Dance Party!

3-4 p.m. Cooking Project

Activity Blueberry Energy Bites

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: MYSTERY MESSAGE

MATERIALS: WHITE CRAYON, WATERCOLORS, PAPER

INSTRUCTIONS:

- USE A WHITE CRAYON TO DRAW A SECRET MESSAGE ON THE PAPER.
- THE ONLY WAY SOMEONE CAN DECODE IT IS BY USING WATERCOLORS.
- USE YOUR IMAGINATION AND MAKE A GAME OUT OF IT PRETENDING YOU'RE AN INTERNATIONAL SPY PASSING SECRET NOTES TO ONE ANOTHER.



Stem: Earthquake Engineering

Materials:

- Jello
- Square pan a couple inches deep for the Jello
- 30 Toothpicks
- Mini Marshmallows



Instructions:

- Make Jello in the pan ahead of time
- Build a structure with the marshmallows and toothpicks that you think can withstand an earth quake
- Place your design on the Jello and shake the pan. Does your structure with stand the movement or does it break? Take apart and rebuild using different designs to see which is the sturdiest.

Student Shout Out!

Cameron from our Beaverdam afterschool program, and his brother, tried our walking water experiment using food coloring and paper towels! If you would like to share any pictures of projects you are completing at home, or have an idea for our newsletter feel free to share with us! You can send them to sapplegate@ymcawnc.org.



Blueberry Energy Bites

Ingredients

- 1 cup dry oat
- ¼ cup almond butter
- ¼ cup honey
- ½ cup dried blueberry
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla salt, optional

Directions

1. Mix oats, almond butter and honey in a large bowl.
2. Add dried blueberries, cinnamon, vanilla, and salt and mix to combine.
3. Place bowl in the refrigerator for 30-60 minutes, or until the mixture has solidified.
4. Mold mixture into bite-sized balls.
5. Serve immediately.
Enjoy!

Resiliency Tip of the Day

Talk about what you are going through with others. Family, friends, and co-workers can be a lasting source of emotional support as well as "reality checks". Even when the circumstances seem beyond your control, connecting with others who feel similarly can help form an important bond. Ideas on ways to manage, take action, or cope may arise from such bonds. Doing so will make you feel less alone.