

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

40 N. Merrimon, Suite 301, Asheville, NC 28804

YBC Phone: 828-251-5910

Email: ybc@ymcawnc.org

DAY 16

CELEBRATE SPRING BREAK

So, this is the week you were actually planning on your kids being out of school all week. Though you may feel a little grief over any vacation plans you may be missing out on, try to make the best of it at home with a staycation!

Try having a family spa day, pitch a tent in the backyard, have a cookout outside, throw a family party, play in the water, or sunbathe. However you celebrate spring break, send us your staycation pics!



Character Development: Patience

Y Chat: What are three ways you calm down when you begin to get frustrated? If you try to have empathy for others, does that help you have more patience with them? Why do you think that might help?

Activity:

Start a daily journal to keep track of how you feel and what your goals for the week or month are. It takes patience and commitment to reach many goals and writing about it can certainly help. If your child is unable to write yet, make a drawing journal and they can draw their daily feelings. Staple pieces of paper together or weave them, using whatever supplies you have to create a little journal. Have your child decorate the outside however they would like!

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 DIY Marble Course

10-11 a.m. Academic Time

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

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

Activity Chalk Mosaic

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 Overnight Oats

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: MILK JUG ELEPHANTS

MATERIALS: MILK JUG, SCISSORS, TISSUE PAPER, MODGE PODGE OR GLUE, GOOGLY EYES

DIRECTIONS:

- TAKE AN OLD EMPTY MILK JUG AND USE IT TO CUT OUT AN ELEPHANT LIKE IN THE PICTURE TO THE RIGHT.
- CUT TISSUE PAPER INTO SMALL SQUARES AND USE GLUE OR MODGE PODGE TO ATTACH THEM.
- LAST STEP LET DRY AND ADD GOOGLY EYES.



STEM: DIY Marble Course

Materials:

- Cardboard/cardboard tubes
- Tape
- Scissors
- Marble or small ball
- Any other household item you'd like to use



Instructions:

- First, design your plan for your marble course. Remember gravity is your friend here. Will you tape your course on a wall, utilize tables, or use materials to give your course enough height? What materials can you use to make sure the ball stays on course? Where do you want the ball to end up?
- Now begin constructing your course.
- Test the course as you go with the marble. You may need to go back to the drawing board a time or two to reevaluate your plan, but that's okay!

Share: Show off your hard work! Send a picture of your epic marble course to Miss Sam: sapplegate@ymcawnc.org

Movement: Sponge Wars

We should see some sunny and warm days this week, so get outside and play in the water! If you have multiple people, supply each side with a bucket of water and sponges. Toss the wet sponges at each other or set up targets to hit.

While you are at it, use the sponges to wash your parents car to say thank you for all that they do for you!



Peanut Butter Overnight Oats

Ingredients

- 1/2 cup rolled cut oats
- 1/2 cup milk
- 1 tablespoon peanut butter
- 1 teaspoon maple syrup
- 1 teaspoon chia seeds, optional
- Mason jar with lid

Directions

1. Pour oats and chia seeds into jar first.
2. Add milk, peanut butter, and maple syrup.
3. Make sure the oats are submerged in the milk.
4. Put jar in the refrigerator overnight.
5. In the morning add fruit if you like.
6. Enjoy!

Extension: There are many ways to make overnight oats. Try adding nuts, seeds, fruit, vanilla, almond milk, or even yogurt!

Resiliency Tip of the Day

Take a mental break: When you find yourself getting overwhelmed, your thinking brain may not be able to come back online for a while. Give yourself a mental break by choosing an activity that soothes you. Take a few minutes to read a book, nap in your hammock, treat yourself to a selfcare routine, or concentrate on a puzzle. Do whatever distracts you enough to calm your survival brain and bring your thinking brain back online.