

OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 17

WORLD HEALTH DAY

April 7th is World Health Day and 2020 is the year of the nurse and midwife. As the health community comes together to strengthen the nursing workforce, think about what we can do locally to support them? Consider writing letters to your local hospital expressing your gratitude for all their hard work. Or, you can even write letters to local elected officials calling on them to do more to support nurses and midwives and make investments that enable them to work to their full potential. Remember it is never too early to become and advocate!



*For more information and ways to help visit <https://www.who.int/news-room/campaigns/world-health-day/world-health-day-2020>

Character Development: Healthy Relationships

Healthy Relationships Y Chat

How do you feel loved? When you are read to? Sang to? Given gifts? Given praise for a job well done? How does your family show you these things?

Healthy Relationships Activity

Take turns giving a compliment to one other person. Use each letter in the other person's name to start off your sentence. If your name was Sam, I would say, You are Smart. Then I would get a compliment. My next one to her would start with an "A", amazing friend!

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 Volcanoes

10-11 a.m. Academic Time

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

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

Activity Art for Kids Hub

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 Chutes and Ladders

3-4 p.m. Cooking Project

Activity Roasted Carrot and chickpea hummus

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

Are you wondering by now how in the world you are going to teach your child drawing skills, but have no artistic ability? Well if you visit <https://www.artforkidshub.com/> they have tons of videos and how to's for your child to follow along with to create some awesome masterpieces!

Did you know there are multiple benefits of drawing time for your child? Some examples are listed below.

- Develops fine motor skills
- Encourages visual analysis
- Improves hand eye coordination
- Helps establish concentration



STEM: DIY Volcano

Materials: Water Bottle, Tape, Heavy Weight Paper, Glue, Paper Towels

Directions

- Tape the paper around your empty water bottle to make a cone shape.
- To make plaster cloth use white glue and water with a 50:50 mix. Then dip your paper towels in it.
- Take the paper towels once soaked and place them around the "cone" created with the water bottle and paper.
- Once dry you can decorate how you wish.
- To create a volcano explosion fill the bottle half way with vinegar and then add baking soda. (You can use red dye to make it look like lava)



Movement: Life Size Chutes and Ladders

Materials: Dice, Paper, and Tape Or Chalk

- You can make the life size bored game with either chalk for outside or paper inside.
- Make a grid or number papers for as large as you want the board to be. 97x7 is a good size)
- Designate with tape (or chalk) where your ladders and where your chutes are.
- To play you use the dice and what ever number it lands on are the spaces you move.



Roasted Carrot and Chickpea Hummus

- 1 (15-oz.) can unsalted chickpeas
- 2 tablespoons olive oil, divided
- 1 pound carrots, peeled and roughly chopped
- 1/4 cup fresh lemon juice
- 1/4 cup tahini (sesame seed paste), well-stirred
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1/4 teaspoon granulated sugar

Step 1
Preheat oven to 400°F.

Step 2
Drain chickpeas in a colander over a bowl; reserve chickpea liquid. Combine drained chickpeas, 1 tablespoon oil, and carrots on a rimmed baking sheet; toss to coat. Bake at 400°F for 30 minutes or until carrots are tender and chickpeas begin to crisp.

Step 3
Place carrot mixture in a food processor with 1/3 cup reserved chickpea liquid, remaining 1 tablespoon oil, juice, and remaining ingredients; process until smooth, adding up to 1/4 cup chickpea liquid or water as needed to reach desired consistency.

Resiliency Tip of the Day A Very Happy Brain

The link below is for a video made for children about how gratitude and compassion can lead to a happier life and provide healing to trauma and fears. It was created by a doctor with the Mayo Clinic and is an ideal way to help describe resiliency to children.

<https://youtu.be/GZZ0zpUQhBQ>