

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 18

LOVE FROM LEAF GLOBAL ARTS



A message from our partners at LEAF: There's Equity in History!

With more free time and a greater need for innovative ways of learning, our ONEmic Black History moments feel particularly well-suited. [LEAF ONEmic](#) is committed to educating youth through media and with a cultural lens. Researched and narrated by the youth of the LEAF ONEmic Studio program under the direction of our teaching artist, Nex Millen, these short films serve as a reminder of the importance of recognizing and celebrating the African-American's role in the social, economic and political development of America. Taking this time to better connect ourselves with the diversity in our history and the resilience of people, ensure that we come out on the other side better than we started.

Like you, LEAF Global Arts is staying home. Fortunately for us all, music & art are universal and we can connect to each other from afar! For the month of April, we are excited to invite our global community to get engaged and get creative with LEAF Schools & Streets through virtual Cultural Arts education, exploration, and experiences! Our Resident Teaching Artists will be offering free public online classes six days a week. Check out the full schedule and class details in the LEAF Community Calendar by clicking [here](#).

Character Development: Equity

Y Chat:

What does it mean to walk in someone else's shoes? Can you think of a situation where someone might be disadvantaged at a task and needs a little extra help?

Equity Activity:

Write down numbers 1-10 on separate small sheets of paper and ball them up. Put them in a bowl or hat. On another paper write needs people have; food, water etc. For each word, you and your child write a number. The number 1 is little need and 10 is great need. Act out your need based on which number you draw and guess what each other's number is. Who ever has less need will draw a picture to help the other out (a water bottle, etc). Then discuss how we all need help sometimes and in different ways.

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 Cotton Ball Launcher

10-11 a.m. Academic Time

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

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

Activity Plant press bookmark

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 The Spider Game

3-4 p.m. Cooking Project

Activity White Bean Dip

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– PLANT PRESS BOOKMARK

Materials: collected flowers and leaves, cardstock or other thick paper, contact paper or laminator or mod podge or water down glue

Directions:

- Go on a nature walk and collect flowers and leaves that are not too thick.
- At home space out your collected nature in between two pieces of paper.
- Put heavy objects on top of the paper to flatten and dry the flowers and leaves. Leave them pressed for 3-4 days ideally.
- Get bookmark ready by cutting 2-3 inch wide cardstock strips.
- Once nature is flat and dry, place flowers and leaves on cardstock in whatever design you like.
- Secure by placing contact paper on top, laminating, or brushing mod podge over it.



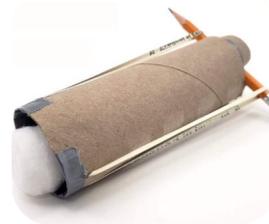
STEM: Cotton ball launcher

Materials;

- 2 Thin rubber bands, 2 Toilet paper tubes, Short pencil, Tape, Scissors, Cotton ball, Single hole puncher

Directions:

- Cut one cardboard tube lengthwise and roll to make it a smaller diameter then tape to secure in place.
- Use a hole puncher to poke two holes on one end of the rolled up tube.
- Stick short pencil in the holes
- Take the other tube and on one end, cut 2 slits about 1 inch apart. On the other side of the same end, cut 2 more slits, 1 inch apart. You should have 4 slits total on the same end of the tube.
- Take a rubber band and thread rubber band in one set of slits, then take another rubber band and do the same to the other set of slits. Secure rubber bands with tape.
- Insert the end of smaller tube that does not have the pencil into the larger tube on the end that does not have rubber bands.
- Stretch each rubber band all the way to the other end and secure on each end of the pencil.
- Now it is time to load the cotton ball! Use the pencil to pull the smaller tube back and load cotton ball at the other end.
- Let go of the pencil and watch the cotton ball fly!



Movement: The Spider Game

Materials: Small blanket or towel

The player who is designated as the 'Spider' (usually the parent) finds a spot to sit on the floor or chair. The other player (usually the child) plays the role of 'Prey.' The game begins with the Prey running around the house in a designated circle or predictable path. Every time the Prey passes you, you attempt to "catch" them with your "spider silk" by throwing the blanket at them. If the blanket touches a part of their body as they run by, they are considered "caught." If it does not, retrieve the blanket and return to your web.



White Bean Dip

Ingredients:

- 2 cloves garlic or ½ teaspoon garlic powder
- 1 (15.5 oz) can cannellini beans
- 2 teaspoons dried parsley or thyme
- ¼ cup water
- 1 tablespoon olive oil or canola oil
- ¼ teaspoon salt
- ½ teaspoon pepper

Directions:

1. Peel and mince garlic cloves.
2. Drain and rinse cannellini beans.
3. To make without a blender, in a medium bowl, mash beans, oil and water together with a fork until smooth. Mix in garlic, salt, pepper, cayenne pepper, and parsley.
4. If using a blender, add in garlic, beans, water, olive oil, salt, and pepper. Blend until smooth. Transfer dip to a bowl, and stir in parsley.
5. Serve dip with sliced veggies, a veggie wrap, whole wheat crackers, or as a spread on whole wheat bread.

*Adapted from Cooking Matters for Parents

Resiliency Tip of the Day

Rapid reset: Orient

When feeling overwhelmed and need to calm down quickly, orient yourself by looking around to find something pleasing that catches your eye. This can be your favorite color, a nice scene, or even someone that you connect with. Focus your attention on whatever you find and sense in to your body. Take your time and think about what you notice. Enjoy the moment of peace and pay attention to how your body feels.