

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 19

RELATIONSHIP BUILDING PART 2



As we have discussed in previous issues, relationship building with youth help to provide a better outlook for them long term. During our time practicing social distancing there are still ways we can provide those enrichment opportunities. See below for some ideas!

-Express Care: Teaching children the importance of reaching out to others is important too. Try sending a text, email, video, or note that to a friend or family member that says they matter to you personally and you are thinking about them during this crisis.

-Challenge Growth: Ask young people to set one personal goal for something they want to achieve during the time away from school or program, and then periodically check in on their progress.

-Expand Possibilities: Ask young people to use the Web and social media to explore how young people very different from them, around the country or around the world, are experiencing the response to COVID-19.

Character Development: Service

Service Y Chat:

When was the last time someone helped you? How did it make you feel?

Service Activity:

Gather any cardboard and recyclables you can around your house. Use them to build a fort, paint murals or scenery on the cardboard and create a magic haven while also reusing and recycling items that we take for granted!

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 Lego Volcano

10-11 a.m. Academic Time

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

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

Activity Crystal Eggs

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 Ninja Warrior

3-4 p.m. Cooking Project

Activity Chicken Quinoa Casserole

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– EASTER EGG CRYSTAL

MATERIALS: PIPE CLEANERS, BORAX POWDER, BAMBOO SKEWER (OR SIMILAR OBJECT LIKE A PENCIL OR CHOPSTICK), STRING, BOILING WATER, GLASS BOWL OR JAR WITH LARGE OPENING

SHAPE PIPE CLEANERS INTO THE SHAPE YOU WANT. USE A PIECE OF STRING OR AN EXTRA PIPE CLEANER TO TIE THE EGG TO THE BAMBOO SKEWER. MEASURE TO MAKE SURE IT WILL HANG INTO THE CONTAINER WITHOUT TOUCHING THE BOTTOM. FILL CONTAINER WITH WATER TO COVER THE EGG COMPLETELY. ONCE THE WATER IS IN THE BOWL ADD BORAX. USE 3 TABLESPOONS OF BORAX FOR EACH CUP OF WATER. PLACE THE PIPE CLEANER EGG INTO THE BOWL SO THAT IT ISN'T TOUCHING THE BOTTOM OF THE CONTAINER. LET THE SKEWER REST ON THE SIDES. MAKE SURE THE SHAPE IS FULLY SUBMERGED IN THE WATER. SET THE CONTAINER WHERE IT CAN BE OBSERVED BUT WON'T GET BUMPED OR DISTURBED. STOP BACK TO CHECK ON THE PROGRESS FROM TIME TO TIME.



Easter Egg Crystals

STEM: Lego Volcanoes

Supplies: Lego, Baking Soda, Vinegar, Red Food Coloring (optional)

Build a volcano out of Legos, but make sure you leave the inside hollow and a hole at the top. You can add different fun things to the outside and even dinosaurs or figures. Either place in a container for the reaction or take outside. When you are done building, add baking soda into the hole of your volcano. Slowly pour vinegar in the hole of you volcano and see what happens.



Movement: Backyard Ninja Warrior

Use materials you have at home such as backyard play equipment, kiddie pools, planks of wood, hula hoops, jump ropes, etc to create a course for your child to run through. You can either surprise them or put their engineering skills to use and they can help design it!



Chicken Quinoa Casserole

2 tablespoons olive oil (or reserved bacon fat), plus more to grease pan
2 tablespoons flour
1 cup whole milk
1 cup reduced sodium chicken broth
1/2 teaspoon salt, plus more as needed
1/2 teaspoon poultry seasoning
dash paprika dash cayenne
2 pounds boneless skinless chicken breasts, cut into 1/2-inch pieces
1 cup uncooked quinoa, rinsed
1/2 cup cooked, crumbled bacon
3 cups fresh broccoli florets
1 cup shredded Gruyere cheese

Preheat the oven to 400°F, and grease a square baking dish.

In a medium-sized skillet, heat oil then whisk in flour. Continue whisking until mixture bubbles

Whisk in milk and chicken broth.

Continue whisking until sauce becomes foamy and creamy. Add salt (optional), then turn off heat and set aside.

Combine salt, poultry seasoning, paprika, and cayenne together, then sprinkle it all over chicken breasts on butcher paper or a bowl. Set aside.

Into the prepared casserole dish, combine rinsed quinoa (don't forget to rinse it or else it will turn out bitter!), milky sauce from step two, and bacon. Lay the chicken breasts over the top of the quinoa mixture.

While the casserole is in the oven, place the broccoli in salted boiling water for 1 minute until it turns bright green

Remove the casserole from the oven.

When the quinoa and chicken are cooked and the sauce is thickened, add the broccoli on top followed by the cheese. Bake for 5 minutes, then set on broil and continue to cook until cheese becomes golden brown on the exterior.

Resiliency Tip of the Day

Provide opportunities which lend a sense of control. Being sick can make a young person feel terribly out of control. Help a child or teen feel more in control by offering choices, letting him make decisions when appropriate, or help him realize that he can take an active role in his emotional health.