

OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 2

COMMUNITY STRENGTH



During times of stress, it is uplifting to hear how the community is banding together to support each other. Some restaurants are stepping up to make sure K-12 students have meals everyday!

Check out these restaurants to get free food for your kids:

White Duck Taco Shop: 1 free taco per child per day, Monday-Friday

Baked Pie Company: Free bagged lunch to children, Tuesday-Saturday

Biscuit Head: One free biscuit per

kid each day school is closed.

Also check out the YMCA Nutrition's Mobile Market schedule for locations to pick up free (pre-packaged) healthy produce: <https://ymcawnc.org/nutritionprograms/schedules>

Character Development: Honesty

Y Chats: Why is it sometimes hard to be honest?
Have you ever been honest even though it was hard?

Activity: Self Portraits

Materials: Paper, paint or colored pencils, mirror (optional)

Draw or paint a picture of yourself and how you are feeling today. If you need to look at a mirror, go for it! Next, around your portrait write several traits you appreciate about yourself. These don't just have to be physical traits. Include things like: I am kind or I am great at sports.

Discuss: Show off your portrait to your family and explain how it reflects how you feel. Ask your family what traits they like about themselves!

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 yoga if it's raining

9-10 a.m. STEM

Activity St. Patty's Day Oobleck

10-11 a.m. Academic Time

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

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

Activity Clay Impressions

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 UNO fitness

3-4 p.m. Cooking Project

Activity Cauliflower Mac n' Cheese

4-5 p.m. Outside Play

Activity Bike, walk or play outside

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: CLAY IMPRESSIONS

INGREDIENTS TO MAKE THE CLAY

2 cups salt, 2/3 cups water, saucepan, 1 cup cornstarch, 1/2 cup cold water

Directions: Stir salt and water in a saucepan over heat 4-5 minutes. Remove from heat; add cornstarch and cold water. Stir until smooth; return to heat and cook until thick. Allow the clay to cool, then use leaves, flowers, ferns etc. to stamp the clay. Once the impression has been made, allow clay to dry. After that you can decorate with markers,



STEM: ST. PATTY'S DAY OOBLECK

Materials: Corn Starch, water, bowl, food coloring

What is oobleck? Oobleck is a non-Newtonian fluid, which is a substance that can mimic the qualities of a solid or a liquid. What else can you think of that might be considered a non-Newtonian fluid? Do a little research to find out! Oobleck got its name from a book by Dr. Seuss, called *Bartholomew and the Oobleck*. In it, the oobleck is a mystery substance that falls from the sky. Do you have this book? If so, read it before starting this project!

How to: This recipe calls for a 2:1 ratio of cornstarch to water. So, if you use 2 cups of cornstarch, you will need 1 cup of water. If you use 4 cups of cornstarch, how much water do you need? If you have food coloring, add green to the water before mixing in honor of St. Patrick's Day! Add the green water to the cornstarch and mix.

Now that you've made your oobleck, have fun! What happens when you make a ball and try to hold it in your hand? What about when you punch it in the bowl?

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



MOVEMENT: UNO FITNESS

MATERIALS: A SET OF UNO CARDS

HOW TO PLAY: SET RULES FOR EACH COLOR SUCH AS...

RED-JUMPING JACKS

BLUE-BURPEES

YELLOW-SKIP LAP AROUND THE AROUND

GREEN- PUSH UPS

TAKE TURNS FLIPPING OVER CARDS. WHATEVER COLOR THE CARD IS INDICATES THE ACTION AND THE NUMBER ON THE CARD INDICATES HOW MANY TIMES TO DO THE ACTION. DON'T FORGET YOU CAN SET THE ACTIONS TO BE ANYTHING!



Cauliflower Mac n' Cheese

Cauliflower increases the nutritional value of the sauce since it's a great source of fiber and vitamin C. It also blends into a silky smooth texture and is a great way to add vegetables to your favorite creamy pasta dishes.

Ingredients: (serves 10-12)

1 large or 2 small cauliflowers, trimmed and cut into florets

1 box whole wheat macaroni pasta

2 Tbsp butter

1 Tbsp flour

1 cup milk (can also use plain, unsweetened nondairy substitute)

2 tsp dijon mustard

1 1/2 cup cheddar cheese, grated

Instructions:

1. Chop cauliflower into florets, and wash.
2. Boil cauliflower until tender.
3. Drain the cauliflower and puree in a blender until smooth.
4. Melt butter in a saucepan. Add flour and stir to form a roux. Keep stirring for 2 minutes.
5. Add milk to the roux
6. Take the pan off the heat and stir in the mustard and cheese.
7. Bring a pot of water to the boil to cook pasta. Drain once cooked, and add cauliflower cheese sauce to the pot. Stir in peas and mix everything together.

Resiliency Tip of the Day

Rapid Reset: When you are feeling overwhelmed, calm down quickly by singing or humming. Sense in to your body to notice how you physically feel. Notice your breathing and any vibrations on your mouth or throat. Where do you notice positive or neutral feelings? Sense in to those feelings.