

# 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](mailto:ybc@ymcawnc.org)

DAY 20

## #STAYWITHUS

Thank you all for continuing to [#staywithus](#) during these trying times. Our [YMCA of WNC Community Health](#) team has an immediate need for these specific items below. If you have the ability to donate, please stop by one of our mobile food markets ---><https://ymcawnc.org/nutritionprograms/schedules>.



### Immediate Donation Needs

- Plastic bags for packing market bags
- Brown paper bags for packing market bags
- Reusable bags for packing market bags
- Healthy canned goods (low sodium)
- Brown rice, wild rice, dried beans, lentils
- Canned tuna/chicken
- Whole grain pasta, crackers, and bread
- Any produce you may have

### Character Development: Grit

Y Chat: What is something difficult that you accomplished? How did it feel when you finished?

Write down 3 goals with your child that they want to complete this week. Ask them what excites them about getting each one done. Then ask what challenges they may face before completion. Draw a picture of a mountain and write what excites them at the top and then challenges along the rocky slopes. Remind them that together, they can reach the top and succeed!

## 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** Plastic egg rocket

#### 10-11 a.m. Academic Time

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

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

**Activity** String Easter egg

#### 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** Easter Egg Roll

#### 3-4 p.m. Cooking Project

**Activity** Veggie Wrap

#### 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– STRING EASTER EGG

**MATERIALS:** string or yarn, water balloons, watered down glue or flour and liquid starch, bowl

### DIRECTIONS:

- Make the hardening solution by either watering down glue or by mixing 1 cup liquid starch and 1/2 cup of flour in a bowl.
- Coil string in bowl with hardening mixture in it to soak.
- Blow up your balloon and tie closed.
- Start to wrap string around your balloon in different patterns.
- Once you have your desired shape, it is time to let dry! Just use a small piece of string to hang your egg up with something below to catch any drippings.
- It will take a day or 2 to dry.
- Once dry, pop balloon and enjoy your creation!



## Veggie Wraps

### Ingredients:

- 4 medium whole grain tortillas
- 2 tablespoon cream cheese, low-fat (or hummus)
- 1 medium carrot
- 1 medium cucumber
- 1 cup lettuce, shredded (or spinach)

### Directions:

1. Spread 1/2 tablespoon cream cheese on each tortilla
2. Grate carrot and sprinkle on top of tortillas
3. Using a peeler, slice cucumber into thin strips, then sprinkle cucumber on top of tortillas
4. Shred the lettuce and sprinkle it on each tortilla
5. Wrap up tightly and enjoy

Superhealthykids.com

## STEM: Plastic egg rockets

**Materials:** Alka-Seltzer, plastic eggs, water

- Fill the bottom half of your plastic egg with water.
- Drop 1 Alka-Seltzer tablet in the water
- Quickly put the top back on, leave on the ground, and walk away.



The Science behind it: Alka seltzer made from an acid and a base. When water is added to the tablet, it forms carbon dioxide gas, which are the bubbles you see. That carbon dioxide gas makes the pressure inside the Easter egg grow until the top finally pops off!

## Movement: Easter Egg Roll

- Have each person in your family decorate a hard boiled egg like a character.
- Go to the top of a hill and race the eggs down the hill.
- There are two winners– the egg that goes the furthest, and the egg that is the most intact.



## Resiliency Tip of the Day

Restore. Sometimes during stressful events, we feel shame which can weaken our resiliency. Connecting with others can be a powerful tool to restore resiliency. To strengthen your connection and trust with someone you love, you can try this activity: Think of a situation that makes you feel shame. Now think of a compassion statement that you would like to hear and tell your partner. This might be "that makes sense to me", "I'm here for you", or "that stinks". Now ask your partner to repeat the statement to you three times, pausing in between each time. Sense in as they say it to you.