

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 21

APRIL SHOWERS BRING MAY FLOWERS

Gardening is a great activity for kids to get involved while schools are out. Some benefits of gardening include introduces kids to scientific concepts, teaches responsibility and patience, and encourages healthy eating habits. Below is a list of tools and materials that might help in starting a garden. Also visit <https://kidsgardening.org/gardening-basics/> for great tutorials and lessons about gardening with children!

- Long-handled digging shovels
- Garden rakes
- Hoes and long-handled cultivators
- Small trowels
- Small claw/cultivator tool
- Tape measures
- Craft scissors (or pruners, with adult assistance)
- Watering cans
- String
- Wooden craft sticks
- Plastic baskets
- Kneeling towels/pads (optional)
- Hats, sunscreen, and sunglasses
- Calendar
- Notebooks, pencils, and permanent markers
- Seed packets



Character Development: Joy

Joy Y Chat:
What are 3 things that bring you joy?

Joy Activity:
Dance Party! Pick five songs with your child and every time they finish an assignment or help with something around the house play one song afterwards and dance together!

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 Physics Fun

10-11 a.m. Academic Time

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

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

Activity Nature Paint Brushes

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 Football Drills

3-4 p.m. Cooking Project

Activity Brownie Energy Bites

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

Art Project: Nature Paint Brushes

You'll need: Sticks (1 for each paint brush)

Lots of interesting pieces of nature

Elastic bands (or string)

Poster paint

Large roll of paper

Collecting your nature for this activity is half the fun. Go on a walk and see what interesting things you can find. Look for different textures and patterns. Talk about which pieces of nature you think will make good prints. Attach your pieces of nature to a stick with an elastic band. Once you have your brush made you can use it to paint!



Chocolate Brownie Energy Bites

INGREDIENTS

- 1 cup (145 g) raisins, packed
- 1 cup (120 g) cashews
- 1/4 cup (20 g) cocoa powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- Pinch cinnamon

INSTRUCTIONS

Place raisins in a medium bowl and cover with hot water. Let soak for 5 minutes to soften then drain.

Add raisins and all remaining ingredients into a food processor and pulse until the mixture turns into the consistency of sand. Remove blade from the unit. Using your hands, scoop out dough and form into balls on the palms of your hands. Chill for 30 minutes and enjoy. Store in an airtight container in the fridge for one week.

Stem: Physics Fun

If you've ever watched a figure skater twirl, you know what happens when she pulls in her arms toward her body: what begins as a slow, graceful spin gets faster and faster, thanks to a principle of physics known as angular momentum conservation. Add hand weights, as we have in this dizzying experiment, and the effect is even more dramatic.

YOU WILL NEED:

- 2 people
- Swivel chair
- Set of dumbbells or arm weights or 2 16-ounce or larger cans of food

STEPS:

1. Have one person sit in the chair holding the dumbbells or cans with her arms outstretched.
2. Have the other person set the chair spinning.
3. Ask the sitter to bring her arms into her chest. The chair will start to spin noticeably faster.

WHAT'S HAPPENING:

Angular momentum is a measure of how hard it is to stop something that's spinning. The heavier, wider, and faster-spinning an object, the more difficult it is. If you make a spinning object narrower, it spins faster because its angular momentum must stay the same. That's why the girl on the chair speeds up when she makes herself narrower by pulling in her arms. The weights accentuate the change in shape and thus make the speedup more dramatic.

Football Drills With Corey

Visit the link below and follow along!

<https://www.facebook.com/YMCAWNC/videos/668908803868350/>

Resiliency Tip of the Day

Savor experiences that make you feel good. Positive emotions and experiences are fuel. Consciously engage with pleasure and fun in the future, present, and the past: enjoy the anticipation, be focused and attentive when it's happening, and also reminisce and remind yourself of the experience afterwards.