

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 22

HAVE FUN WITH SCIENCE

Click on the highlighted titles below to try out these cool science apps to give your kids screen time that's educational and fun!

100,000 Stars– This app is a interactive visualization of more than 100,000 stars!

Little Alchemy 2– This is a super fun way to learn chemistry and what goes into making the world around us! The kids in the Reynolds district afterschool love this one!



NASA Kids Club– Offers space focused games, videos, images and activities to introduce and help kids learn about the world of space.

Brain Pop Science– Offers educational animated videos and lessons covering different science topics. Each featured science topic comes with illustrative videos, quizzes, and accompanying activities.

Science Kids– This website includes online games, experiments, lesson plans, quizzes, science projects, free activities and many more.

Character Development: Respect

Y Chat: Who is someone you respect and why?

Activity:

Minefield- Using stuffed animals, paper plates, or other soft objects as "mines" place them around the room in different spots. Each person takes turns being blindfolded and walking across the room without hitting any mines. Guide the person who is blindfolded across the room with verbal direction. Take turns being the guide and the traveler. This teaches trust and respect for your partner.

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 Hoop Glider

10-11 a.m. Academic Time

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

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

Activity Pipe cleaner people

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 Exercise Memory Game

3-4 p.m. Cooking Project

Activity Peach smoothie

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

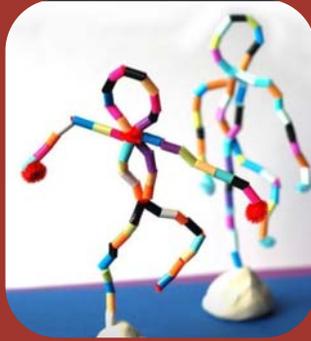
Art Project: Pipe Cleaner People

Materials:

- 2 pipe cleaners
- straws
- scissors
- Clay or playdough (optional)

Directions:

- Cut straws into small segments
- Thread the straws onto the pipe cleaners.
- Take 1 pipe cleaner and make a loop in the middle for the head. The ends will be the arms.
- Take the other pipe cleaner and loop through the head, twist in the middle for the body, the ends will be the legs.
- Stick one leg into a block of play dough so it stands up while you pose your person.



STEM: Paper Gliders

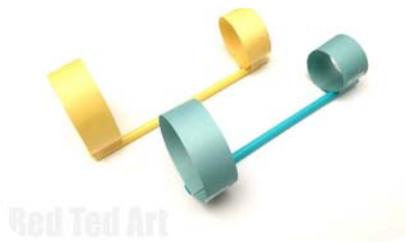
Materials: index cards, straw, tape, scissors, ruler

Directions:

1. Cut the index card or stiff paper into 3 separate pieces that each measure 1 inch by 5 inches.
2. Take 2 of the pieces of paper and tape them together into a hoop a large hoop. Be sure to overlap the pieces about half an inch so that they keep a nice round shape once taped.
3. Use the last strip of paper to make a smaller hoop, overlapping the edges a bit like before.
4. Tape the paper loops to the ends of the straw.
5. Now hold the straw in the middle with the hoops on top and throw it in the air similar to how you might throw a dart angled slightly up. With some practice you can get it to go farther than many paper airplanes.

How does it work?

The two sizes of hoops help to keep the straw balanced as it flies. The big hoop creates "drag" (or air resistance) which helps keep the straw level while the smaller hoop in at the front keeps it from turning off course.



Movement: Exercise Memory Game

- Get an even number of paper plates.
- Write exercises on the paper plates, making sure to make matching pairs.
- Mix the plates up and lay them face down on the ground.
- Take turns turning over 2 plates at a time and doing each exercise.
- When you find matching pairs keep the pair of plates.
- Who ever has the most at the end, wins.



Peach Smoothie

Ingredients:

Canned Peaches, no added sugar, drained
 $\frac{3}{4}$ Cup coconut milk* (or yogurt or milk of choice)
Pinch of cinnamon
Honey to taste
 $\frac{1}{2}$ tsp vanilla extract to taste
 $\frac{1}{2}$ cup crushed Ice
Optional, add some spinach for an extra nutritious smoothie

Add ingredients to blender and blend until smooth. Enjoy!

Resiliency Tip of the Day

Trauma triggers lead to memory traces. When we have an experience that causes us to remember a traumatic memory, the feelings associated with that memory may come back all at once causing us to become amped up or shut down. A tool to help counter this response is to associate a positive memory or feeling with the trigger. Each time you encounter a trigger, think of this positive memory and sense in. The more you do this, the more you will have a positive feeling associated with the negative trigger. The more a neutral pathway is used, the stronger it becomes.