

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 23

WIDEN THE CIRCLE OF "WE"

COVID-19 reminds us how interconnected our world really is. The virus spread from a large seafood and live animal market in Wuhan, China, to nearly every corner of the globe in just three months. The graphics depicting the spread are powerful.



This public health crisis sets up an opportunity to explain (and show) our kids how connected we are to the rest of the world. What happens in China or Italy or in a neighboring state can have an immediate and direct impact on our lives; for better or for worse.

Young people with high levels of social responsibility are those who also understand how they are connected to (and, in many ways, dependent upon) others and their community. Decades of research show that people who feel connected to a group are more likely to set aside their own needs to help others. In addition, early research conducted in late March shows that teens with higher levels of social responsibility are more likely to engage in social distancing, news monitoring, and less hoarding during the COVID-19 outbreak.

Character Development: Honesty

Honesty Y Chat:

When was the last time it was hard to be honest? What happened?

Honesty Activity: Two Truths and a Lie

Take turns saying three statements. Two statements should be true things about yourself and one statement should be something false. The other person must guess which statement is false.

Discuss what it means to trust and to listen to those whose voices are honest and supportive.

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 growing Gummy Bears

10-11 a.m. Academic Time

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

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

Activity Poetry Magnets

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 Sworkit!

3-4 p.m. Cooking Project

Activity Popcorn Balls

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

April is National Poetry Month

Whether it's in your locker, on your friend's refrigerator, or at the local coffee shop, you've probably seen magnetic poetry sets—those sets of word magnets that can be used to write sentences, poems, and stories. Now it's time to make your own.

Make a list and print out 30 nouns, 30 verbs, 15 adjectives, 15 adverbs, 5 exclamations or interjections and 5 articles or conjunctions.

If you are having trouble thinking of words, look in your favorite books, magazines, and websites. Try to find words that are interesting and maybe a little unfamiliar, along with some that you know really well.

Type your list in Times New Roman font, bold-faced, size 14. Double space between the lines of words, and tab between each word to be sure that there is enough space to cut the words out. If you are going to print the words onto colored paper (a different color for each part of speech), make a separate page for nouns, verbs, etc., and be sure to label the part of speech at the top of each page.

Spell check and then print your work on card stock or paper. If you use paper, you might want to laminate it if you have access to a laminating machine. If not, glue the paper to card stock after printing.

STEM: Growing Gummy Bears

To prep, gather 2 small bowls, water, salt, and gummy bears of course.

In this candy science experiment, we are going to compare gummy bears left in water to those placed in salt water.

To get started, we need to make about a cup of super saturated salt water solution. Add salt, a little bit at a time, to a cup of boiling water until no more salt dissolved. {Please use caution when allowing your little one to work with hot water.}

Once the water couldn't hold anymore salt, we let it cool in the fridge. If you use warm water for your experiment you could melt your gummy bear.

When the salt water cools, it's time to fill the bowls. Pour a little salt water in one bowl and plain tap water in another. Next, gather your gummy bears and compare them to pick ones of similar size. Place a couple gummy bears in the salt water and a couple in the plain water. Let them sit overnight.

Which bear grew the largest? Do you know why?

Gummy bears are made up of water, sugar, and gelatin. Like a sponge, gummy bears will absorb water but the gelatin keeps the bears from dissolving in the water.



Movement: Sworkit!

Sworkit is a guided exercise resource. You can download the app to your phone or follow the link below to utilize the videos online.

<https://app.sworkit.com/collections/kids-workouts>



Classic Popcorn Balls

- 1 cup Karo Syrup, Blue Label or Green Label
- 1 cup brown sugar
- 1/4 cup water
- 1 teaspoon vinegar
- 2 tablespoons butter or margarine
- 2 quarts unsalted popcorn

Combine first four ingredients in saucepan. Cook over medium heat, stirring constantly until mixture boils.

Continue cooking, stirring almost constantly to hard ball stage (260 F) or until a small amount of mixture forms a hard ball when tested in very cold water.

Remove from heat; quickly add butter and blend.

Slowly pour over popcorn in large bowl, while mixing well.

Form into balls, using as little pressure as possible. Butter hands, if desired.

Makes 15 balls about 2-1/2 inches in diameter.

PARENTS NIGHT SEMINAR Raising Resilient Children

Hosted by the Mountain Child Advocacy Center

Free Thursday April 23rd
6:00-7:30PM Attend from the comfort of your own home.

RSVP for your virtual link visit www.mahec.net/resilient