

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

DAY 24

GRATITUDE, LOVE, AND CONNECTION



Decades of scientific research shows that gratitude, love, and connection can reduce stress levels and even lessen physical pain.

The next time you are feeling down, try calling a friend to tell them how much they mean to you and how grateful you are to have them in your life.

Feeling pain? Scientific research has show that altruistic acts to friends, family, neighbors, or even strangers can actually reduce the physical sensations of pain.

Scientist found that both the act of smiling and seeing smiles can actually make people happier. Try smiling right now for 60 seconds and sense in to see if you feel any different.

Character Development: Caring

Y Chat:

Who is someone that cares about you and how do they show it? Do you show that you care about people in the same way?

Caring Activity:

Draw a picture of someone you care about. Include yourself and how you both show caring towards each other.

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 Egg Drop

10-11 a.m. Academic Time

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

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

Activity Optical Illusion Art

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 Sticky Note Number Match

3-4 p.m. Cooking Project

Activity Chicken Pot Popovers

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: Optical Illusion Art

Materials:

- Paper
- Ruler
- Pencil
- Coloring tools

Directions:

- On a blank sheet of paper, trace your hand and wrist.
- Use a ruler to draw straight, horizontal lines on the page, skipping the inside of the hand.
- Once the entire page is covered in horizontal lines, connect the lines on the inside of the hand but instead of straight lines, make them curve up.
- Now you are ready for color! Color between the line however you'd like., but a pattern always looks nice.



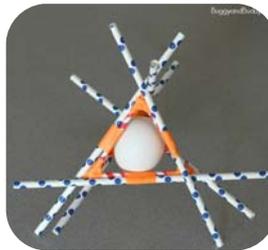
STEM: Egg Drop

Materials: An egg and house hold items like : straws, tape, cardboard tubes, paper, egg carton, cotton balls, plastic bag, disposable cup, etc.

Directions:

1. You are challenged to build a structure to protect your egg. First, write down what materials you need and what your plan is for your structure.
2. Gather your materials and make the protective structure with your egg in it.
3. Have an adult test your structure by dropping your structure with the egg in it from a high place such as the roof or a ladder.
4. Check on your egg. If it is still intact, then your structure was successful. If your egg is cracked, go back to the drawing board to make a revised plan.

Extension: Make it more challenging by only using 2 materials to build your structure.



Movement: Sticky Note Number Match

Activity Prep:

On sticky notes, write a number and on another sticky note, draw the corresponding amount of dots or for more advanced students, write an equation that equals the number. Stick the sticky notes with the dots or equations spread out on the wall. Give the sticky notes with the numbers on it to the student.

Activity:

- Ask the student to find an equation or dot sticky note on the wall to work out.
- Once they know the answer, they can put the sticky note with the correct number on it on top of the sticky note on the wall.

Extension: Time the student to see how fast they can find and solve each equation on the wall.



Chicken Pot Popovers

Ingredients:

- 1 can Pillsbury crescent dough sheet
- 1 cup frozen mixed vegetables, thawed
- 1 cup chopped rotisserie chicken
- 1 can condensed cream of chicken soup

Directions:

- Preheat the oven to 375 degrees F. Spray a muffin pan with baking spray.
- In a medium bowl, mix vegetables, chicken, and soup.
- On large cutting board, unroll dough sheet; cut into 8 squares with sharp knife or pizza cutter. Line each muffin cup by pressing 1 dough square in bottom and up side of cup. Divide vegetable and chicken mixture evenly among dough-lined cups (about 1/4 cup each).
- Bake 14 to 18 minutes or until dough is deep golden brown and mixture is heated through. Cool 5 minutes in pan; remove from pan with metal spatula.

Resiliency Tip of the Day

WEMAP: If someone is going through a tough situation try using this strategy to guide your conversation.

- W** What's going on?
- E** What especially bothers you about this?
- M** Mirror and match their words and expressions.
- A** Ask: Are you amped up or shut down?
- P** Propose a tool to help them get back in their resiliency zone.