

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 25

## MAKING GOVERNMENT LESS ABSTRACT

Big problems like pandemics require big responses like government intervention. For most of us, the government plays a fairly minor and abstract role in our day-to-day lives, mostly existing below our radars. The global COVID-19 crisis has changed that. Suddenly, the government is ordering school and business closures, issuing shelter in place orders, and deciding whose jobs are essential and whose are not. The ability to harness public institutions to keep people safe and allocate emergency resources is a role that only the government can fulfill. And one to which we need to hold them accountable.



Talking to our kids about the government's response (or, maybe, the lack thereof) promotes awareness about what the government is, how it works, what government is responsible for, and how we as citizens—both young and old—can make sure they do the right thing by speaking up (through calls, emails, our votes) when we're concerned.

### Character Development: Responsibility

Responsibility Y Chat:

What are some things you are responsible for every day?

Responsibility Activity:

Make a chart of chores, school work, and other things you need to do. Then come up with a song for each activity. Play this song and it will help you work with more joy!

### 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** Bubble Snakes

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

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

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

**Activity** DIY Kite

#### 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** Gym Class With Adam

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

**Activity** Choco Cherry Supercarb

#### 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

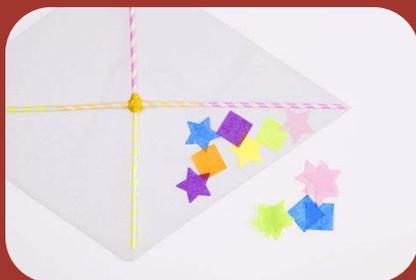
### Art Project: DIY Kite

#### Materials:

A roll of clear contact paper, A ball of string, Straws (two for the width, three for the length), Scissors to cut out tissue paper shapes, Ribbon

**STEP 1:** Tie straws together at the center with string. Cut contact paper into two diamond shapes; peel backing off one and place sticky side up. Press straws onto paper.

**STEP 2:** Stick tissue paper shapes all over, then top with second diamond sheet. Loop string around each corner, then tie them together for the bridle. Add a ribbon tail.



### STEM: Bubble Snake

**Materials:** Water bottle, Scissors, Sock or fishnet, Rubber bands (optional)

Cut the bottom off the water bottle.

Place the sock over the water bottle., rubber band around the sock/ bottle as needed to secure the sock in place. Dip or fill with bubble mix.

Blow through water bottle top.



### Movement: Gym Class With Adam

Fitness Coach Adam Rosante is offering free gym classes for kids. "Gym Class with Adam," every Monday, Wednesday, and Friday live on his YouTube Channel.

Grades K - 3: 11 a.m. EST

Grades 4 - 6: 11:45 a.m. EST

<https://www.youtube.com/user/adam58a/featured>



### Choco-Cherry Supercarb Bars

#### Ingredients

2 c. old-fashioned oats  
1/2 c. quinoa  
1/2 c. Chia seeds  
1/2 c. sliced almonds  
1/2 c. dried cherries  
1/2 c. chopped dark chocolate  
3/4 c. creamy almond butter  
1/3 c. honey  
2 tbsp. coconut oil  
1/2 c. pureed prunes (from about 1 c. prunes)

Line a large baking sheet with parchment paper.

In a large bowl, combine oats, quinoa, chia seeds, almonds, cherries, and chocolate.

In a small saucepan on low, heat almond butter, honey, coconut oil and 1/2 teaspoon salt until melted and smooth, stirring occasionally. Stir in prune puree.

Pour almond butter mixture over oat mixture and stir to combine.

With hands, form into bars using about 1/3 cup mixture for each; place on prepared sheet and refrigerate until set, about 1 hour. Store in refrigerator, in airtight container, up to 3 weeks.

### Resiliency Tip of the Day

Another way to become more resilient is to reflect on your experiences.

Recall a time in your personal or professional life when you were able to rise above a difficult situation.

Then ask yourself:

What happened?

What was I thinking and feeling at the time?

How did I get through it?

What did I do that helped me get through that situation?

What did I learn from the experience that has made me a more resilient person today?