

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 27

MINDFUL REMOTE LEARNING

Both adults and children can benefit from mindfulness training, especially in the sometimes-challenging public school environment. Mindfulness is simply the practice of training our brain to be aware of our feelings, our bodies, and our environment in the present moment. Although it is an ancient and sometimes-spiritual practice, it is increasingly being used in everyday settings such as corporate businesses and fitness centers and... schools!

Mindfulness can help both teachers and students to reduce stress and anxiety, strengthen attention and focus, support social and emotional growth, and better resolve the inevitable conflicts that arise. According to Dr. Kirk Strosahl and Dr. Patricia Robinson, "research indicates that brain training involving mindfulness practices can strengthen areas of the brain responsible for attention, emotional control, and problem solving... There is even emerging evidence that mindfulness-based brain training produces permanent structural changes in the brain."
- By Ruby Sinreich

Visit [Yoga Foster](#) for guided yoga sessions, meditations for anger management and anxiety and so much more!



Character Development: Emotion Management

What is one way you calm down when you start to feel upset? How do you show kindness even when you aren't feeling your happiest?

Emotion Management Activity:

Start a feelings journal, using typing paper or other paper and pencils, pens, markers or crayons, watercolors or pastels work as well. Every morning when you wake up, draw how you feel. Every evening, do the same. What happened throughout the day to change your emotions and how can tomorrow be better?

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 Edible Rice Paper

10-11 a.m. Academic Time

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

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

Activity Dreamcatcher

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 Fit by Stanford Activity

3-4 p.m. Cooking Project

Activity Chocolate Banana Quesadilla

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: Paper Plate Dream Catchers

Material: Paper plates (cheap, uncoated plates work best), Yarn, Crayons, Sequins, Glitter, Feathers, Pony beads, Glue, Scissors, Hole punch

Cut out the center of the paper plate leaving just the outer ring. Then punch holes along the inner edge of the ring. Also place two holes at the top of the ring (for hanging) and three holes at the bottom (to hang feathers).

After that, decorate the ring however you wish.

Cut three strings of yarn and tie a feather to one end. Once the feather was secure, string beads onto the yarn and feather. Next cut a length of yarn to string across the middle of the plate.

After tying off the yarn on one hole weave the yarn through the holes across the center of the ring to create a web. While weaving, add a few beads at random to the yarn. Then attach the feathers and a loop of yarn for hanging.



STEM : Edible Rice Paper

Materials: Brown rice flour, Potato starch, Water, Small bowl, Tablespoon, Spoon, Microwavable plate, Plates (3), Sticky notes (3), Plastic wrap, Microwave, Pencil or pen, Lab notebook, Metric ruler, Optional: Salt, Optional: Food-color (edible ink) pen, Optional: Zip-top bags, Optional: Adult help

Instructions:

Stretch plastic wrap tightly over the microwavable plate so that it clings to the sides and does not touch the center of the plate.

Add 2 tbsp. of rice flour and about 1.5 tbsp. of water to the small bowl. Optionally, add a pinch of salt. Mix the ingredients until you have a smooth paste. The paste should have the consistency of white school glue. Add a little additional water if the paste is too stiff.

Pour the paste onto the plastic wrap. Spread the paste out evenly with a spoon and/or by tilting the plate.

Put the plate in the microwave and heat the paste on high for about 45 seconds to dry it (note that the exact duration depends on your microwave). The sheet of paper will look dry when it is done. (Safety note: In general, food should not touch plastic wrap while it is being heated in a microwave, but it is fine occasionally for items of which you eat relative small quantities.)

Let the sheet of paper cool. The edges might curl up a bit while cooling.

Carefully peel the sheet of paper from the plastic wrap. This can be tricky, so take your time! Removing the plastic wrap from the plate first might help.

Turning over the plate with plastic wrap and paper is another strategy. You can also ask an adult to help with this step.



Movement: Fit By Sanford

Activities to keep kids moving; includes sneaky ways to keep kids moving, making the best of indoor recess, ways to incorporate physical activity, related downloads, and more .

<https://fit.sanfordhealth.org/discover?category=move>



Healthy Chocolate & Banana Quesadilla

10 " wheat tortilla (Carlita brand for the best texture)

1.5 Tbsp. chocolate almond butter

2/3 c. sliced bananas
non-stick pan spray

Spread the almond butter over half of the tortilla. Top the almond butter with sliced bananas and fold the tortilla in half. Spray each side with a quick shot of non-stick pan spray.

In a skillet over medium-high heat, cook the quesadilla on each side for 1-2 minutes, or until golden brown. Slice in half and enjoy immediately.

Resiliency Tip of the Day

Promote Healthy Risk-Taking

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in a school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.