

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 28

## CELEBRATE EARTH DAY

The theme for Earth Day this year is climate action. The scientific evidence is clear that human activity is causing our planet to warm at an alarming rate. Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable.

What can you do to help?

Become a citizen scientist! Use the Earth Challenge 2020 app to gather critical environmental data near you. It has two elements for you to measure — air quality and plastic pollution — with more on the way.

Attend Asheville's Virtual Earth Day Kid's Festival by registering for free, [here](#). The webinar will feature a variety of environmentally focused activities and lessons for kids K-12.

Create a window sign for your house or car to share ways you are helping to lessen your carbon footprint, as outlined in the art section on page two.



## 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** Earth day Seed Bombs

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

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

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

**Activity** Earth Day Window Sign

### 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** Recycling relay race

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

**Activity** Earth Day Garden Toppers

### 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

## Character Development: Empathy

Empathy Y Chat: What does empathy mean to you?

Empathy Activity:

Draw how you feel today, trade drawings and guess how the other one is feeling. Discuss why it's important to consider others' emotions. Draw all the things that make you happy. Write or discuss what each thing does for your joy.

### Art Project: Earth Day Window Sign

Use a large piece of paper or poster to create your own poster to spread the word about Earth Day to put in your window at home or in your car.

What to include on your poster:

- A drawing representing Earth Day such as an earth or a tree.
- How are you and your family helping to save the earth?
- What would you like to challenge your neighbors to commit to that will help lessen their impact on the environment?



### STEM: Earth Day Seed Bomb

Materials: green, white, and blue paper, seeds, bowls of water, blender or food processor, parchment paper

- Cut paper into small squares and set in separate bowls of water for 20 minutes
- Once soaked for 20 minutes take one container of paper and squeeze the water out. Place in the food processor or blender to pulse into a pulp then return to bowl. Repeat for each color.
- Divide the seeds evenly into the three bowls of paper and mix.
- Now take little handfuls of the colors to make a ball resembling the earth.
- Set balls on parchment paper to dry overnight.
- Once dry, find a spot in your garden to dig a small hole to put your seed bomb in and cover with soil.



### Movement: Recycling Relay Race

- Set out a variety of recyclable and nonrecyclable goods outside in an open space.
- On the opposite end of your yard, set out a trash can and a recycling bin.
- Have someone time you as you sort through the pile, race across your yard, and throw the items in the appropriate bin.
- If you are competing against someone else, compare your time and how many items you sorted correctly.



### Earth Day Garden Toppers

Ingredients:

- 3 Tbsp. ranch dressing
- 24 RITZ Crackers
- 24 small broccoli florets, blanched
- 2 slices cooked bacon, finely chopped
- 1 Tbsp. finely chopped green onions

Instructions:

- SPOON dressing onto crackers.
- PLACE 1 broccoli floret on center of each cracker to resemble a tree.
- ADD remaining ingredients at bases of trees for the dirt and grass.

### Resiliency Tip of the Day

Resourcing: Think of a time where your body felt happy and calm. Think of a time that made you feel happy! What were you doing? What was the weather like that day? Was anyone else with you? Where do you feel good feelings in your body when you remember that happy time? Whenever you're feeling anxious, scared, or sad, tell someone out loud about your happiest and most fun moment you can remember! Describe it in detail and sense in to your body as you recall that happy time.