

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 29

NATIONAL PICNIC DAY



Today is national picnic day! Even though many parks and forests are closed that doesn't mean you can't take the opportunity to do a front yard picnic. Our recipe for today would make a wonderful spring salad to enjoy outside. We also have a water game idea and some fun activities to get in the mood and really make a day of it. Share your picnic snacks and games with us by sending them to Iguysick@ymcawnc.org.

Character Development Healthy Relationship

Healthy Relationships Y Chat
How do you feel respected most?

Healthy Relationships Activity
Take turns listing things you appreciate about those around you, write a thank you note to each other including your list.

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 Pool Noodle Parascope

10-11 a.m. Academic Time

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

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

Activity Impressionist Picnic Mosaic

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 Wet Sponge Relay

3-4 p.m. Cooking Project

Activity Watermelon Tomato Feta Salad

4-5 p.m. Outside Play

Activity Wet Sponge Relay Race

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: IMPRESSIONIST PICNIC MOSAIC

Students begin their artwork by tearing a variety of colors of construction paper (any color except black) into small pieces to color the Parisian Picnic. Begin with the background, and move forward. Encourage students to layer pieces for a richer effect. Use lighter colors to show areas of light, and darker colors to show shadows. Students use a Crayola Washable Glue Stick to attach the paper to their drawings.

When drawings are filled with torn paper, students use dark Crayola Construction Paper Crayons to add lines and details to their Parisian Picnics. Encourage them to press hard so lines are bold.



STEM: Pool Noodle Periscope

Measure the pool noodle marking 4 inches from the end with a dot on one side, then again at 6 inches from the end with a dot on the other side. These will mark the ends of your cuts and results in a 4 inch end piece.

Using a protractor mark off a 45 degree angle between your marks, using the dots as your end points. Cut. Turn and confirm it attaches to form a 90 degree angle. Adjust your cuts until you have a perfect 90 degree angle.

Insert the mirror so it dissects the 90 degree corner.

Tape your corner together securely.

Repeat on the other end but ensure your cuts are reversed so your periscope looks to the front. Once your periscope is built, use brightly colored tape, such as electrical tape, to decorate your pool noodle periscope.



Movement: Wet Sponge Relay Race

- A big sponge
- One bucket of water
- One empty jar/water beaker

- Keep a bucket filled with water at the starting line
- Keep an empty jar at the finishing line

The distance between the starting line and finish line should be around 3- 4 feet. As the time starts player has to put the sponge in the water and run towards the jar at the other end.

- Squeeze the water into the jar and run back.
- Continue the same process till the time is over.

When the time is over measure the water collected in the jar and note it down.



Watermelon, Tomato, and Feta Salad

- 1 baby watermelon (about 3 lb.)
- 1/2 c. fresh mint
- 1/4 c. red onion, thinly sliced
- 12 oz. cherry or grape tomatoes, halved
- 2 tbsp. olive oil
- 2 tbsp. fresh lime juice
- 1 tsp. pure honey
- Kosher salt and black pepper
- Crumbled feta

Remove the rind from watermelon and cut flesh into 1 1/2-inch-thick triangles; arrange on a platter. Top with fresh mint, red onion, cherry or grape tomatoes. Combine olive oil, fresh lime juice, pure honey, and kosher salt and black pepper in a bowl. Spoon over watermelon; top with crumbled feta.

Resiliency Tip of the Day

Create New Routines
Although many people escape from reality by Netflix binging, cookie indulging or marathon Fortnite playing, be mindful of over-relying on these distraction strategies. Instead, studies have shown that planning and executing new routines that connect you to what really matters in life is the best recipe for good mental health.

It's important to establish structure, predictability and a sense of purpose with these new routines. "It's good for adults and crucial for children to stick to regular wake-up, grooming and meal times. Where and how everyone works and plays at home should also be planned, while understanding that we all need to be flexible and adapt as needed," said Deborah Roth Ledley, a clinical psychologist in Philadelphia and co-author of "The Worry Workbook for Kids."