

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 3

NATURE IS NURTURE



Thank goodness we live in the beautiful mountains! Get outside at least once a day to feel the effects of nature therapy. Spending time in nature, or even viewing scenes of nature, reduces negative feelings like anger, fear, and stress, and increases pleasant feelings. Exposure to nature makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Need something to do outside? Try out being a citizen scientist by using the NC Arboretum app ecoEXPLORE. Take pictures of plants and animals to help real scientists with research and data analysis while earning points to receive prizes! For more information, visit: <https://www.ecoexplore.net/>

Character Development: Caring

Y Chats: What makes you feel cared for by others? What is something you can do today to show someone you care about them?

Activity: Caring Notes

Each member of your family takes a separate sheet of paper, very small, and writes something they appreciate about being together on it. Write up to 5 comments each.

Place all comments in a hat or bowl, folded up. Have one person hide them all throughout the house and as your week progresses you will discover these sweet little notes.

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 yoga if it's raining

9-10 a.m. STEM

Activity Foam Raincloud

10-11 a.m. Academic Time

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

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

Activity Tie-dye Coffee Filters

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 Tape Jump

3-4 p.m. Cooking Project

Activity Strawberry Chocolate French Toast

4-5 p.m. Outside Play

Activity Take pictures of nature with the ecoEXPLORE app

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

ARTS & CRAFTS: TIE-DYE COFFEE FILTERS

MATERIALS:

Water based markers, unused coffee filters
scissors (optional), spray water bottle



Directions:

Use the markers to draw different designs on the coffee filter. Don't worry about coloring everything in, the color will spread.

Use the spray bottle to spray a little bit of water at a time on the filter while on a plate or other easy to clean surface.



STEM: FOAM RAINCLOUD

Materials: Large Vase/Jar, shaving cream, mixing bowl, liquid food coloring, eye dropper

Step 1. Fill up your large vase or jar about ½ of the way full with water. On top, spray a very generous portion of shaving cream. This will be your cloud.



Step 2. In the mixing bowl, mix up water with the liquid food coloring of your choice (blue works best).

Step 3. Using the eye dropper, add in your colored mixture to the top of the shaving cream 'cloud' and let it soak up the color. The more you add, the more water you can say the cloud contains. Continue adding rainwater and watch a storm take shape in the jar.

As you make your raincloud, talk about how real clouds form in the sky. Adding colored droplets is like how water molecules come together to form vapor, then liquid water, slowly becoming heavier and heavier until the cloud bursts and the water falls to the earth as rain.

Share: Show off your hard work! Send a picture of you making your raincloud to Miss Sam: saplegate@ymcawnc.org



Chocolate Strawberry French Toast

Ingredients (Serves 10):

whole grain bread
fresh fruit
sweetened yogurt instead of maple syrup
1 pint strawberries, sliced
6 Tablespoons cocoa powder
4 Tablespoons sugar
2 large eggs
1 cup low-fat milk (can substitute non-dairy)
2 Tsp cinnamon
10 slices whole wheat bread
Vegetable oil

Instructions:

1. Rinse and slice strawberries
2. In a small bowl, whisk cocoa powder and sugar. Set aside.
3. In another bowl, whisk eggs with a fork. Add milk and cinnamon to eggs and whisk to combine.
4. Add about 1 Tablespoon of vegetable oil to a skillet. Heat over medium heat.
5. Dip one piece of bread in egg mixture, flipping to coat both sides. Remove from egg mix, making sure to shake off any extra egg coating. Place in the hot skillet, and cook until golden brown. About 2-3 minutes per side.
6. Top each piece of cooked French toast with sliced strawberries and sprinkle over sugar and cocoa mixture.

MOVEMENT: TAPE JUMP

MATERIALS: A ROLL OF TAPE

HOW TO PLAY:

LAY OUT EIGHT TO TEN STRIPS OF TAPE ON THE GROUND ABOUT A FOOT APART. THE OBJECT OF THE GAME IS TO SEE HOW FAR YOUR CHILD CAN JUMP. NUMBER THE PIECES OF TAPE TO HELP KEEP TRACK. AS SHE /HE MASTERS JUMPING ALL THE STRIPS OF TAPE, ADD MORE FOR DIFFICULTY. HOW FAR CAN YOU JUMP?

Resiliency Tip of the Day

Connect: When someone is upset, connection can be a message of safety. Listen first without responding, match their expression, say "that makes sense to me". You don't have to agree or approve to connect. Connect before you correct or reason to make sure it stays a safe space.