

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

40 N. Merrimon, Suite 301, Asheville, NC 28804

YBC Phone: 828-251-5910

Email: ybc@ymcawnc.org

DAY 30

DON'T SKIP SELF CARE



Do you have dry, cracked, and raw skin on your hands from washing your hands again and again.....and again? Soap and water rinses away germs and dirt, but also strips the natural, protective oils in your skin, causing it to dry out. Moisturizing with hand cream or lotion after every wash will help prevent hands from becoming too dry. If your hands are already dry and cracked, try deep conditioning your hands. For best results, before bed time, moisturize slightly damp hands with a generous amount of hand cream, top with a layer of Vaseline which helps lock moisture in, then put on a pair of soft gloves or socks to trap in the moisture overnight. In the morning, your hands will be baby soft!

Character Development: Personal Development

Personal Development Y Chat: What are three goals you have for this week?

Personal Development Activity:

Make a list of goals for the year, month or week. Under each goal write together how they can be accomplished, supplies needed and steps to get there.

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 Design your own playground

10-11 a.m. Academic Time

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

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

Activity Shaving Cream Art

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 Strawberry Oatmeal Bars

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: Shaving Cream Art

Materials: baking dish, shaving cream, food coloring, paper, craft stick or other mixing tool

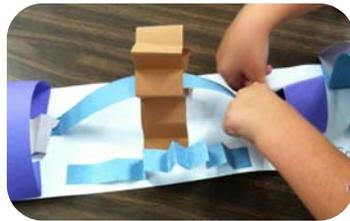
- Spray shaving cream into a long dish.
- Squeeze drops of food coloring all around the shaving cream.
- Use a craft stick to swirl colors around, being careful to not over mix.
- Place a sheet of paper on top of the shaving cream and gently pat paper all over its surface.
- Peel paper off and use the side of a craft stick to scrap the excess cream off paper, leaving behind the beautiful swirl on your paper!



STEM: Design Your Own Playground

Materials: construction paper, scissors, glue, pencil, markers

- First, brainstorm your design for your playground. Think about what structures you want on your playground and where you want them. Will your playground have nature?
- Now you are ready to build a model of your design! Cut strips of paper and fold, scrunch, twist, or roll to create your structures. Glue to build your playground model on a base sheet of paper or cardstock.
- Decorate your model with markers and any other supplies you have at home.
- Give your playground a name!



Share: Show off your hard work! Send a picture of your playground model to Miss Sam: sapplegate@ymcawnc.org

Do this scavenger hunt together or make a competition out of it to see who can find the most items the fastest!



Strawberry Oatmeal Bars

Ingredients:

- 1 cup old-fashioned rolled oats
- 3/4 cup white whole wheat flour
- 1/3 cup light brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon kosher salt
- 6 tablespoons unsalted butter
- 2 cups small-diced strawberries
- 1 teaspoon cornstarch
- 1 tablespoon lemon juice

For the glaze:

- 1/2 cup powdered sugar — *sifted*
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon milk

Instructions:

- Preheat to 375 degrees F. Line an 8x8" baking pan with parchment paper.
- In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
- Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
- Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden
- While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Drizzle bars with glaze, slice, and serve.

Resiliency Tip of the Day

Self Care: Remember to fill your life with positives that will counteract the negatives when they are sprung on you. Maintain positive relationships, add exercise to your daily routine, treat yourself to a self care weekly ritual including moisturizing your hands, and try new healthy foods. Love yourself so you have room to love others!