

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 31

## CELEBRATING WORLD BOOK DAY

Last week we celebrated World Book Day in our emergency childcare program. We wanted the opportunity to share with you some of the ideas we explored with our children. The United Nations Educational Scientific and Cultural Organization proposed World Book Day as a day of celebrating the joy of reading. Children who regularly read for enjoyment have higher test scores, develop a broader vocabulary, increase general knowledge and have a better understanding of other cultures. Whether you read traditional paperbound books or turn to your kindles or iPad's, reading is a passport to this and many other worlds. Many companies are offering free eBooks to your devices. Today is the day to harness your inner bookworm.



Games and activities to help get you and your child more excited about reading!

- Have your children dress up as their favorite book character for the day.
- Host a virtual book club with your friends to talk about your current book.
- Show and Tell using the book you're reading. Have your child share the most exciting things happening in their books and show you the pictures.

### Character Development: Courage

Courage Y Chat

How are you brave for those around you?

Courage Activity

Look up a recipe you have never tried and that is new to your family. Make it together and try something new!

## 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** Rube Goldberg Machine

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

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

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

**Activity** Craft Window Chimes

### 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** Balloon Tennis

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

**Activity** Frozen Banana Cereal Pops

### 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: Craft Window Chimes

Materials: 1 whisk, 10-12 book rings (metal rings used to hang index cards), 1-2 spoons of colored string or ribbon, beads, foam shapes or other decorations

\*\*\*\*Use substitutes as need for materials\*\*\*\*

Take one book ring and slide over the handle and pull down as far as it will go.

Cut 10 – 12 pieces of ribbon or string at a variety of lengths. Tie the ribbon at each point where ring crosses an arm of the whisk. Create a pattern with the colors. Using a double knot, tie a book ring at the bottom end of the ribbon. Make sure that the rings hang low enough to tap their neighbors. This will make the wind chimes sound in the breeze outside. For added decoration, slip beads onto the ribbon before tying the ring.

Be creative and add whatever decorations you'd like. Hang your wind chime where the breeze will catch it, then listen to your beautiful creation.



### STEM: Rube Goldberg Machines

A Rube Goldberg machine, named after American cartoonist Rube Goldberg, is a machine intentionally designed to perform a simple task in an indirect and overly complicated way.

Step 1: Get Inspired! Look up YouTube videos like [this](#) extreme one!

Step 2: Solve a Problem! Come up with a simple problem that you're trying to solve. For example: Ring a Bell, Pop a Balloon, Open a Door, Shut a window, Put out a candle.

Step 3: Gather Supplies! Collect a bucket-full of supplies and then lay them out so they're easily seen. These can largely be found in your home — start with what you have! You will most likely start with some of these basics, and then forage your home for more supplies as you go. Here are some ideas to get you started: Things that roll, things that move, ramps, recyclables, household materials (chopsticks, ruler, bowl, pins, hammers, string).

Step 4: Build your machine! Once you have the supplies ready, start building. While the video above includes some pretty complex machines and concepts, keep this simple for school aged kiddos. The basic concept that we're exploring is that of a chain reaction, so anything that tips something else over (and so on) is what you're going for!



### Movement: Balloon Tennis

This is a pretty self explanatory game to play inside or outside! All you will need are balloons and fly swatters. Set up your court either outside or inside by creating boundaries that designate "out zones". The goal is to hit the balloons back and forth to each other without letting them hit the ground.



Balloon Tennis



### Frozen Banana Cereal Pops

#### Ingredients:

- 3/4 Cup strawberry yogurt
- 2 Cups fruity pebble cereal
- 4 medium bananas, peeled and cut crosswise in half
- 8 wooden pop sticks
- Wax paper

#### Instructions:

- Place yogurt and cereal in separate shallow bowls or plates.
- Insert pop sticks through cut side of bananas
- Dip bananas in yogurt, then roll in cereal to coat.
- Transfer to waxed paper lined baking sheet
- Freeze for 1 hour. Transfer to air tight containers and return to freezer for storage.

### Resiliency Tip of the Day The Path to Resilience

The Harvard Graduate School of Education created a new video series that shows how resilience is built, one positive adult relationship at a time. Visit <https://www.gse.harvard.edu/news/uk/15/05/path-resilience> to learn what resilience is, the science behind it, and how it is built!