

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 32

DONATE BLOOD



"You can still go out and give blood. We're worried about potential blood shortages in the future. Social distancing does not have to mean social disengagement."

-U.S. Surgeon General

Donating blood is critical to community health. The Red Cross follows the highest standards of infection control protocols to ensure the safety of the volunteers they rely on to keep a sustainable supply of life saving blood.

The Red Cross is in need of blood donations. If you are healthy and would like to donate blood, set up an appointment with the Red Cross by clicking [here](#). There are many locations near you, including at our Reuter Family YMCA.

Thank you to the Red Cross staff, volunteers, and donors!

Character Development: Acceptance

Acceptance Y Chat:

How do you show others you love them for who they are?

Acceptance Activity:

Write a letter to someone in your class to let them know they are accepted and cared for.

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. Culture and Diversity

Activity Food Around the World

10-11 a.m. Academic Time

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

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

Activity Melted Crayon Activity

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 Walk the Line

3-4 p.m. Cooking Project

Activity Veggie Quesadilla

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: Melted Crayon Activity

Materials: crayons, wax paper, cookie sheet, sunlight

- Place piece of wax paper on cookie sheet in the sunlight.
- When the cookie sheet feels warm to the touch, start coloring any design you'd like.
- The heat should melt the crayon, making it easy to draw on the wax paper.
- You can even let the crayons sit out on the cookie sheet to melt the whole crayon and squeeze it out of the paper wrapping.



Culture and Diversity: Food Around The World

Discussion: Does everyone around the world eat the same things? What variables may affect what people eat?

Research: Click [here](#) to see images of what weekly food supply typical families around the world buy.

Click [here](#) to see school lunches form around the world.

Have a conversation about how culture, economics, geography, and religion may affect the different types of food you see from each place. What differences and similarities do you notice?



Veggie Quesadilla

Ingredients:

- 1/2 cup mashed sweet potato
- 4 cups spinach
- 1 teaspoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/2 cup black beans
- 4 8-inch flour or corn tortillas
- 4 slices Colby cheese
- Kosher salt

Instructions:

Cook the sweet potato by baking or microwaving . Once soft, mash.

Chop spinach. Warm olive oil in a skillet, add spinach, garlic powder , cumin, and a pinch of salt and cook about 2 minutes. Set aside.

Spread sweet potato on half of tortilla, add drained beans, sprinkle salt, and add spinach. Top with 2 slices of cheese.

Cover with second tortilla.

Lightly coat skillet with oil and heat to medium heat. Cook quesadilla two minutes per side, until cheese is melted and tortilla is lightly browned.

Movement: Walk The Line

- Take chalk and draw different kinds of lines. Straight, zig-zag, wavy, etc.
- Kids have to walk along the line without stepping off.
- Add a challenge by saying they can only move by jumping or hopping on one foot. Draw sections where they have to jump to get to the next line, etc.

Resiliency Tip of the Day

Nurture a positive view of yourself. We tend to be our own harshest critic, but that is often to our own detriment. When we establish confidence in ourselves, we are more likely to be able to overcome challenges, deal with stress, and make ourselves more resilient to future stresses.