

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 33

STORY TELLING DAY

Whether it's read from a book, one from your imagination, or an actual story from childhood memory, the day supports gathering (while social distancing) with friends and family to share those stories.



Storytelling is an ancient practice used to hand down knowledge from one generation to the next. It's wonderful way to pass on family traditions, histories, and long told tales and can be entertaining as well as educational. Some of the very best stories come from real life experiences. Spending time telling stories with family, friends, and loved ones is a time for all to learn from each other, to remember, and to grow closer together.

Tips to make your tales come to life:

- Engage your audience and invite them to participate too!
- Be sure to give your characters their own voices
- Get physical! Body movements give your stories extra impact!
- Use misdirection to surprise your audience

Character Development: Sympathy

Sympathy Y Chat

How do you show you care for those around you?

Sympathy Activity

Draw a sunflower and put it on the fridge, each time your child shows caring, color in a petal together. Remind them how much more beautiful life is when we feel for others.

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 Defy Gravity

10-11 a.m. Academic Time

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

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

Activity Giant Memory Match

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 Long Jump

3-4 p.m. Cooking Project

Activity Chicken and Zucchini and Corn

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: Giant Memory Match

Materials: Paper plates, markers

Have you and your child make matches on paper plates so there are 2 of the same designs.

Game Rules: Mix up all of the paper plates and lay the plates all face down in rows. Take turns flipping over two paper plates at a time to reveal the pictures. If it is a match, they get to remove the plates from the game and go again. If it is not a match, they must flip them back over and it is the next team's turn. The team at the end of the game with the most matches wins.



STEM: Defy Gravity

Materials: glass cup, water, a cardboard square

What to do?

Pour water into the glass to the very top.

Place cardboard square over the mouth of the glass. Make sure there are no air bubbles forming.

Take glass near a sink and turn the glass upside down.

Remove your hand from under the cardboard.

Did the cardboard give way? Quite amazingly, it will stick to the glass!

Why did it happen?

Since there is no air inside the glass, the air pressure outside the glass is greater than the water pressure inside the glass. The extra air pressure holds the cardboard in place and defies gravity. Interesting, isn't it!



Movement: Long Jump

Materials: Tape or Sidewalk Chalk

Tape out or draw the distance you desire the jump to be. Make sure the lines are as equidistant as possible. Have children take turns running and jumping from behind the white line with both feet leaving and landing at the same time. If they cross the white line before they jump, it either doesn't count or they get a small penalty. See who can jump the farthest or make a competition bracket.



Chicken Zucchini and Corn

Chicken:

1 lb chicken breast, cut into 1" pieces

1 tsp avocado oil

1 large garlic clove, crushed

1/4 tsp salt

Ground black pepper, to taste

Zucchini and Corn:

1.5 lbs (3 medium) zucchini, cut into half moon shapes

2 cups corn, frozen or fresh

1 tsp avocado oil

1 large garlic clove, crushed

1/2 tsp salt

Ground black pepper, to taste

Garnish:

1 garlic clove, crushed (optional)

1/4 cup dill, parsley or green onions, chopped

Chicken: Preheat cast iron skillet on medium heat and swirl oil to coat. Add garlic and cook for 10 seconds. Then add chicken, sprinkle with salt and pepper to taste. Cook for 8-10 minutes uncovered, stirring occasionally. Transfer to a bowl and set aside.

Zucchini and Corn: Cook the same way as chicken but for 5 minutes.

Add chicken back to skillet and stir. Remove from heat, sprinkle with herbs and more garlic if you wish, stir. Serve hot or cold with any salad or brown rice, quinoa, potatoes etc.

Resiliency Tip of the Day

Optimism has been found to be one of the key characteristics of resilient people. The brain can be rewired to be more optimistic through the experiences it is exposed to. If you have a small human who tends to look at the glass as being half empty, show them a different view. This doesn't mean invalidating how they feel. Acknowledge their view of the world, and introduce them to a different one. (See [here](#) for more ways to nurture optimism in children.)