

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 34

YMCA WORD SEARCH

Y R H K E D M O J P M P Q E J
A F T E R S C H O O L I G P Y
B R E S P E C T E K C K R L K
W M Y G F C O M M U N I T Y V
E K Z U H J R B E Q R F X S V
C H A R A C T E R R C W F U T
C T C D E P L H P C J R N D E
O H G W P E G X T R W X I R Q
M P V W L L M V P V C I V K U
R E S P O N S I B I L I T Y I
H Z Q U V V F K K Z Z G Q A T
D W B F E F U N T S Y R T Y Y
H N A E S C H O N E S T Y X P
X Y M C A E A C A M P S E Z P
W Z Y C A R I N G K Z Q U Z P

YMCA	Caring	Love
Respect	Character	Afterschool
Responsibility	Fun	Camp
Honesty	Community	Equity

Character Development: Courage

Courage Y Chat:

How do you stand up for yourself? What does it feel like after you have done a courageous thing?

Courage Activity:

Make a list of five things that you want to do but are nervous about. Brainstorm ways to attempt them. Remember, quality of life is through experience and learning, not always through a win.

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 Build a Catapult

10-11 a.m. Academic Time

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

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

Activity Modeling with Playdough

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 Defying Gravity

3-4 p.m. Cooking Project

Activity French Toast

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

ARTS & CRAFTS– MODELING WITH PLAYDOUGH

Materials: 1 cup all-purpose flour, 1 cup water, 1/2 cup of cooking salt, 1 tablespoon of vegetable oil, 3 tablespoons of lemon juice, food coloring

Directions:

- With a wooden spoon, mix flour, water, salt and lemon juice in a sauce pan over medium heat until it is thick.
- When it has cooled, add the oil and knead well on the counter or a floured board.
- Divide it into 6 balls and add a color or 2 to each ball. (You could have blue, red, yellow, green, purple, orange or any color you want)
- Put each color in a different container and encourage your child to create pictures.
- When it is all done get your children to separate the colors so that they can play with it again!



STEM: Build A Catapult

Materials: Popsicle sticks (8-9 per catapult), 2 wide craft sticks, skewer, a straw, paper cup, hot glue gun, scissors.

Directions:

- Grab 6 sticks and warm up the glue gun.
- Make two triangles by gluing 3 sticks together.
- Grab the skewer and the straw, cut a piece from the skewer then cut a shorter piece from the straw. (first picture)
- Hot glue the skewer to a corner of each triangle (make sure it can stand)
- Glue a couple of sticks to the base of the catapult for stability.
- Glue a wide craft stick to the straw to create the shooting arm of the catapult.
- Cut the paper cup (1-2 inches left of the bottom). Glue the second wide craft stick to the catapult and then glue the cup to the end of the stick.
- Now you are ready to try it!



Movement: Defying Gravity

Materials: 3 blown up balloons

Each player has three balloons.
They have to keep all three balloons up in the air for a minute.
See who is the champion in the house!

GOOD LUCK



French Toast

Ingredients:

1 egg
1/2 cup of milk
2 teaspoons of butter
4 slices of bread
Choice of syrup (maple, strawberry, etc.)
Cinnamon (optional)

Directions:

1. Crack the egg, then whisk it together and add the milk. Mix well. (Add cinnamon into mixture, mix together)
2. Melt the butter in a skillet and when it's bubbling, dip two slices of bread in the mixture then cook.
4. Turn once and repeat with the other slices of bread.
5. Serve warm with choice of syrup.
6. Optional: add fresh berries

Resiliency Tip of the Day

Change the narrative through expressive writing. When a stressful event takes place in our lives, we often replay the situation again and again in our heads. This is called rumination and it often does more harm than good as it makes us dwell in our stress, shame, or doubt. Expressive writing can be a helpful exercise to gain new insights to challenges in our lives. It involves writing continuously for 20 minutes, without concentrating too much on spelling or grammar. Get everything down on paper and you may see it with a different light.