

# OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 35

## STEM RESOURCES

By now we know many parent's might feel like they have exhausted every resource on the internet to help enrich their child's at home learning experience. [This](#) website through STEMFINITY however has compiled a massive list of free STEM resources. From online engineering and chemistry simulators to coding how to's, there are tons of opportunities for all ages!



### Character Development: Loyal

**Loyalty Y Chat:** Has anyone ever broken your trust? How did that make you feel?

**Loyalty Activity:** Help your children see the concepts more clearly and become comfortable thinking about them. Ask them what or who they could be loyal to (school, friends, family, etc.) Make a list.

## 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** Moon Phases

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

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

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

**Activity** Paper Towel 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** Movement Dice

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

**Activity** Nutella Raspberry Sandwiches

### 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: PAPER TOWEL ART

**MATERIALS:** MARKERS (THAT DON'T BLEED), PAPER TOWEL

THIS IS A REALLY FUN AND EASY ART PROJECT! MOST PAPER TOWELS HAVE A WEAVED PATTERN. USING THIS PATTERN YOU CAN DOT IT IN AND CREATE BEAUTIFUL CREATIONS.



## STEM: Phases of the Moon

**Materials:** Black or blue paper, white and grey play - doh, plastic lids from jars or bottles, a pencils, Chalk marker .

Look at the moon every night!

- Mix the grey and white clay to make a moon—like color as the child sees it every night.
- Cut out the moon shape using the lid.
- Add the craters if seen by using the eraser side of the pencil.
- Track the moons shape every night by labeling dark paper using the chalk marker and place your "moon" on the paper to see the changes that happen each night.



## Movement: Movement Dice

You can either make your own dice with paper and tape or find a template online and cut it out and tape it up.

You will need two dice; one with movement actions and one with the number of repetitions.

Each person takes turn rolling both dice. Whatever it lands on is the exercise/ movement you have to complete for the amount of times shown on the dice.



## Nutella and Raspberry Sandwiches

**Ingredients:**

- 8 slices of bread
- 1/2 cup of Nutella
- 2-6 ounce package fresh raspberries
- Cinnamon

**Instructions:**

- Spread 4 slices of bread with Nutella
- Rinse and dry raspberries
- Place raspberries on top of the Nutella
- Add the other piece of bread on top

\* if desired place bread in the toaster to give it some crunch\*

## Resiliency Tip of the Day Self Regulation

Self regulation or emotional regulation is the ability to monitor and modulate which emotions they have, when they have them, and how they experience and express them. Learning to self-regulate is a key milestone in child development – whose foundations are laid in the earliest years of life. A child's capacity to emotionally self-regulate affects their family and peer relationships, academic performance and long-term mental health. Practice self regulation by using grounding, breathing, and redirecting techniques.