

OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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Email: ybc@ymcawnc.org

DAY 36

ASK A LIBRARIAN



While the libraries are closed, you can call "Ask A Librarian" with any questions you may have about library materials, digital services or reference assistance. Librarians will be staffing the phones Monday through Friday from 10am-6pm to connect you with all the resources they have available. To get a library card, please email library@buncombecounty.org.

Ask a Librarian: 828-250-4700

Character Development: Patience

Y Chat: When was the last time you had to wait for something but it was worth it?

Activity: Plant some flowers together. Get seeds and plant your flowers (or any other plant), water daily and wait for your beautiful results!



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 Cloud in a Jar

10-11 a.m. Academic Time

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

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

Activity Flower Decorations

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 Straw Race

3-4 p.m. Cooking Project

Activity Banana Pancakes

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– BEAUTIFUL FLOWER DECORATIONS

Materials: A selection of small spring flowers and leaves, wax paper, tea towel, cool iron, scissors, hole punch and satin ribbon

Directions:

- Lay out all of your flowers and leaves, then pick out which ones would go best together for pictures.
- Cut out sections of the wax paper and lay out selected flowers and leaves on one piece and cover it with another.
- Place the tea towel over the top and iron carefully with a cool iron. The wax on the paper will melt the paper together.
- Help children cut around their pretty pictures, punch a hole at the top of the each picture, thread the ribbon through the hole for hanging.
- This is a lovely bedroom or bathroom decoration or a gift to grandparents and neighbors!



STEM: Cloud in a Jar

Materials: 1 Jar with a lid, 1/3 cup hot water, ice and hairspray

Directions:

- Pour the hot water into the jar, swirl it around a bit to warm up the sides of the jar.
- Turn the lid upside down and place it on the top of the jar. Place several pieces of ice cubes on the lid, allow it to rest on the top of the jar for about 20 seconds.
- Remove the lid, quickly spray some hairspray into the jar and then replace the lid with the ice still on top. Watch the cloud form.
- When you see a good amount of condensation form, remove the lid and watch the "cloud" escape into the air.



INFORMATION:

A cloud is formed when water vapor condenses into water droplets that attach to particles (of dust, pollen, smoke, etc.) in the air. When millions of these water droplets join together they form a cloud.

Movement: Straw Race

Materials: Start and finish line, 5 cotton balls per player, 1 straw per player

Each player has a straw and they have to blow their 5 cotton balls from the start line to the finish line.

(Winner could be who got all of their cotton balls across the finish line first or who got the most across the finish line in one minute!)

GOOD LUCK



Banana Pancakes

Ingredients:

2 ripe bananas

1 egg

1 cup of self-rising flour

3/4 cup milk

1 tablespoon butter

Directions:

1. Mash the bananas
2. Break the egg into the banana mix and whisk until smooth and creamy.
3. Measure in the flour and half of the milk and beat for one minute with a spoon.
4. Stir in rest of the milk.
5. Cover the mixture with a tea towel and let it sit for half an hour.
6. In a skillet, add the butter and pour the pancakes to specified size.
7. When bubbles appear on the surface with a spatula flip and allow it to get golden brown.
8. Serve with syrup, ice cream or bananas.

Makes 12 pancakes

Resiliency Tip of the Day Co-Regulation

Co-regulation or emotional regulation is using a helper or friend to monitor and modulate which emotions you have, when you have them, and how you experience and express them. Co-regulation happens as soon as a baby is born (someone soothing and rocking a baby who is crying) and is important to practice throughout your entire life! Practice co-regulation by other resiliency tips with a trusted family member or friend!

Even adults need co-regulation!