

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 37

WEATHER OBSERVATION DAY

Look to the Sky! This is a special day for people who enjoy watching and observing the weather. Weather observers often assist the National Weather Service as a Storm Spotter. These hobbyists are a valuable resource for the community; who help alert of incoming storms. This day is an opportunity to get out and learn about a variety of weather phenomenon, the history of weather tracking and find out about different weather instruments.



How to Observe and Learn about Weather

- Sign up for a [weather spotters course](#).
- Learn how to identify different types of clouds, shifting weather and prepare for types of weather in your climate.
- Keep a weather journal to jot down your findings. Color the sky's color.
- What will those clouds do? Do you see any shapes in the clouds?

Character Development: Acceptance

Y CHAT: WHAT IS THE REASON YOU HAVE NOT ACCEPTED SOMEONE IN THE PAST? HOW DO YOU FEEL WHEN YOU ARE NOT ACCEPTED?

ACTIVITY: THINK ABOUT SOMEONE WHO YOU MAY NOT HAVE ACCEPTED IN THE PAST. WHAT KINDS OF THINGS DO YOU THINK YOU COULD DO TO HELP YOU GET TO KNOW THAT PERSON BETTER? (ASK THEM TO PLAY, SIT WITH THEM AT LUNCH, INTRODUCE YOURSELF, PICK THEM TO BE ON YOUR TEAM DURING GYM)

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 Marshmallow Constellations

10-11 a.m. Academic Time

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

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

Activity Splatter Painting

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 Sardines

3-4 p.m. Cooking Project

Activity Farmers Casserole

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– SPLATTER PAINTING

Materials: Paint, Paper, Spoon, Straws, Cups.

Instructions: Dollop some paint onto the paper using the spoon. If paint is too thick add some water to the paint container and give a good shake to thin it out.

Using the straw, blow air through the straw onto the paper so that it blows the paint and scatters it all over the page.

Repeat using different colors.

A different design will be created each time a new dollop of paint used.



STEM: Marshmallow Constellations

Materials: Mini Marshmallows, Black Construction Paper, Toothpicks, White Crayons or Chalk

Look up constellations online and draw them out on black paper. Use your toothpicks and marshmallows to build them and match what you drew.

A few facts worth mentioning:

Astronomers divide the night sky into 88 constellations.

The sun, moon and planets travel along the ecliptic path.

The 13 constellations they pass through are the stars of the zodiac.



Movement: Sardines

This game is essentially a reverse version of hide and go seek.

Instructions:

One person who is "it" hides and everyone else looks for him or her.

Each player that finds "it" joins him or her in the hiding place.

As the players find "it", one by one, they all crowd into the hiding place and end up packed together like sardines in a can (hence the name of the game).

The last person to find the hiding place is the next one to be "it"



Farmers Casserole

6 cups frozen, shredded hash brown potatoes

1½ cups shredded Jalapeno Monterey Jack Cheese (can substitute cheddar or Swiss)

2 cups diced, cooked ham (or Canadian bacon)

1/2 cup sliced green onions

8 large eggs, beaten (or 2 cups egg substitute)

Two 12-ounce cans evaporated milk (can use whole, 2% or fat free)

1/4 teaspoon salt

1/4 teaspoon ground pepper

Grease a 3-quart rectangular baking dish. Arrange potatoes evenly in the bottom of the dish. Sprinkle with cheese, ham, and green onion. In a large mixing bowl, combine eggs, milk, salt and pepper. Pour egg mixture over potato mixture in dish.

At this point, you can cover and refrigerate until ready to bake (several hours or overnight). When ready to bake, preheat oven to 350°F. Bake, uncovered, for 1 hour and 15 minutes or until the center appears set. Let stand for 5 minutes before serving. If baking after casserole has been chilled, you will need to increase baking time to 1 hour and 30 minutes.

Resiliency Tip of the Day

The Pediatric Association for the Northwest put together an extensive list of family resources and handouts for all types of resiliency needs.

Visit this [link](#) to learn more!