

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 38

CELEBRATE THE NURSE IN YOUR LIFE



Make sure to reach out to the nurses in your life to say "thank you" for the important work they do. Now, more than ever, we should appreciate the hard work, dedication, and selflessness our nurses show through their work. How will you show a nurse in your life that you appreciate them? If you have an inspiring story to share, email Sam at sapplegate@ymcawnc.org.

National Nurses Day history: May 6th marks the beginning of Nurses week which ends on May 12, which is the birthday of Florence Nightingale. The English nurse became known as the founder of professional nursing. Due to her habit of making rounds at night, Nightingale became known as "The Lady with the Lamp".

Character Development: Empathy

Empathy Y Chat:

What does empathy mean to you?

Empathy Activity:

Draw how you feel today, trade drawings and guess how the other one is feeling. Discuss why it's important to consider others' emotions.

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 Texture

10-11 a.m. Academic Time

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

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

Activity Fingerprint Critters

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 Sponge Targets

3-4 p.m. Cooking Project

Activity Fruit Smoothie

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

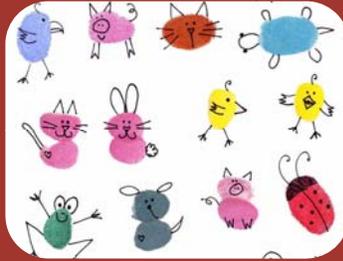
Activity Kid's Choice

ARTS & CRAFTS– FINGERPRINT CRITTERS

Materials: Washable markers, paper, and colored pencils

Directions:

- Take the marker and show the children how to color their finger (flat part then the sides)
- Place the finger on the paper and roll it from side to side allowing it to leave a flat finger imprint.
- Let children add detail to their imprint building the affect of something (bird, turtle, flower, butterfly, balloon, etc.)

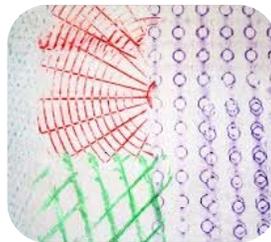


Texture Rubbings

Materials: Paper, crayons, textures around your house and yard

Directions:

- Place the paper over any texture (car tires, trees, coins, tiles, bricks, etc.)
- Rub the crayon lightly on the paper over the texture to where it leaves the texture design.
- Label the texture



Extension:

Even make a game out of it later on. You can also incorporate diversity and explain how blind people have to go mainly by the sense of touch!



Movement: Sponge Targets

Materials: Sponge, chalk, bucket

Draw a target with chalk on a wall surface (it can be a clown face, star, heart, normal bullseye MAKE IT FUN).

Fill the bucket with water.

Make a mark about 3-6 feet from the target (or any distance).

Wet your sponge and throw it at the target until you "WIPE OUT" the target.



Fruit Smoothie

Ingredients:

1/2 cup cold milk (can be supplemented)

6 strawberries, 1 banana or any other fruit

1/4 cup flavored yogurt

Blender

Directions:

1. Let the children measure out all of the ingredients (they will enjoy it)
2. Put all ingredients into the blender and blend until smooth and frothy.
3. Pout into tall glass, add a straw and watch it disappear.
4. SERVE

Makes enough for 1 serving

Resiliency Tip of the Day

Resource: When feeling amped up or shut down, think of a positive memory and sense in to alleviate the stress from your body. Try to recall as much detail as possible to put yourself back in that pleasant time. Really pay attention to how your body feels when recalling this memory.