

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 39

## NATIONAL CHILDREN'S MENTAL HEALTH DAY



SAMHSA created National Children's Mental Health Awareness Day (Awareness Day) more than a decade ago to shine a national spotlight on the importance of caring for every child's mental health and to reinforce the message that positive mental health is essential to a child's healthy development.

The purpose of Awareness Day is to increase public awareness about the needs of children with serious mental illness (SMI) and severe emotional disturbance (SED) and their families, provide information on evidence-based practices, and encourage those who need help to seek treatment. For more information and resources visit The [American Psychological Association](http://www.americanpsychological.org).

### Character Development: Healthy Relationships

Healthy Relationships Y Chat

How do you feel respected most?

Healthy Relationships Activity

Take turns listing things you appreciate about those around you, write a thank you note to each other including your 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** Edible Orange Fizz

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

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

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

**Activity** Edible Water Beads

**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** Asteroid Toss

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

**Activity** Strawberry Cheesecake Fun Dip

**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

### Edible Water Beads

Ingredients: Large Tapioca Pearls, Sauce Pan, Water, Bowl, Food Coloring

#### Instructions:

- Start with the tapioca pearls. Read instructions for cooking. Don't over cook them or they will be very slimy and stick together.
- Drain the pearls and run under cold water.
- Separate the pearls into different containers depending on how many different colors you want to dye them.
- Use as much food coloring as you'd like to change each container into one color.
- Let the pearls sit for 5-10 minutes, then rinse them off again to get all the extra food dye off.
- Mix all together.
- Enjoy!



### Strawberry Cheesecake Fun Dip

#### Ingredients:

- 2 Cups strawberries, hulled
- 2 Tbsp icing sugar
- 1/2 Cup whipping cream
- 8 oz cream cheese, softened
- 1 Cup marshmallow fluff
- Assorted fruits (bananas, blackberries, grapes)
- Animal crackers

#### Instructions:

1. Mash strawberries with icing sugar, set aside.
2. Whip cream until stiff peaks form, set aside.
3. Whip cream cheese with marshmallow fluff, stir in strawberries and fold into whip cream
4. Serve dip with assorted fruit and animal crackers.
5. Enjoy!

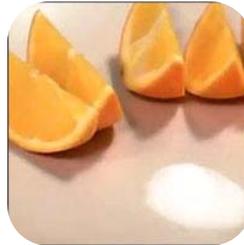
### STEM: Edible Orange Fizz

#### Materials:

An Orange or Clementine,  
1/2 Teaspoon Baking Soda

#### Instructions:

- Cut the orange into slices or peel/separate into sections.
- Dip a slice or section into the baking soda.
- Take a bite! As you chew, it should start to bubble and fizz in your mouth.

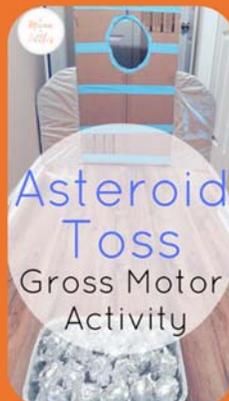


#### How does it work?

When acids and bases mix, you get some exciting chemistry! Oranges and other citrus fruits are filled with citric acid. It is a safe acid, and it's what gives oranges, lemons and limes their sourness. Baking soda is a base, the opposite of an acid. As the citric acid and baking soda mix, it makes millions of carbon dioxide bubbles, the same gas we breathe out, and make soda so fizzy!

### Movement: Asteroid Toss

Build a round rocket ship out of cardboard with a window hole cut out of it. Lean the rocket ship against a wall and leave room for things to go in the window. Ball up tin foil or scrap paper for the asteroids. You can also use poster board for the rocket and hang up.



### Resiliency Tip of the Day: Grounding

There's nothing more grounded than a tree! Teach your child to feel his or her connection with the ground by imagining him/herself as a tree. This sounds like, "I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world." Simply noticing their bodies and feeling their connection with the room helps kids feel grounded!