

# OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 4

## YOU ARE ABSOLUTELY INCREDIBLE



Happy Absolutely Incredible Kids Day! Each and every child in our program is absolutely incredible and here at the Y, we celebrate this holiday every year by throwing a huge surprise party where everyone is celebrated!

Kiddos, take some time today to think about what makes you special and show it off. What have you achieved this year? What are you proud to tell people about yourself?

Parents, take some time to tell your kids why they are incredible and write them a letter of encouragement to let them know why they are important. Be sure to give your children encouragement in areas they have control over, not things they cannot change.

### Character Development: Responsibility

Y Chat: When was the last time you lost something very important to you? What was the outcome and how did you feel?

Activity: Create a Responsibility vs Right list

Discuss the difference between a responsibility and a right with your family. Rights are freedoms we have that are protected by our laws, while responsibilities are duties or things that we should do.

Fold a piece of paper in half (hot dog style). On one side, write "responsibility" and on the other side write "right". Discuss each family members rights and responsibilities. For example, it is each child's right to have a laptop or iPad for online school but it is their responsibility to use it properly to complete their school work.

Feel free to share your lists with us for a chance to be featured in Our Bulletin Un-Bored by sending pictures or feedback to [ecerrina@ymcawnc.org](mailto:ecerrina@ymcawnc.org).

## 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 6 Feet Apart

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

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

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

Activity Incredible Gold Medal

### 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 Balloon Sports

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

Activity Pasta Marinara

### 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: INCREDIBLE GOLD MEDAL

### MATERIALS

Colored pencils, markers, construction paper, cardboard (old cereal box), string, scissors



### DIRECTIONS:

Use the colored pencils or markers to draw a large circle. Decorate your circle to reflect what you're most proud of about yourself. This can include pictures or a label saying, "1st Place for...", "Best at...", or "Gold Medal for...". Poke a hole through the top of the circle, tie a string through the hole, and be proud of your achievement!

### STEM: 6 FEET APART

Materials: ruler, yard stick, or tape measure, household items

During this time of social distancing, it is recommended to stay at least 6 feet apart from other people in public in order to keep each other healthy. Can you tell how far 6 feet apart is by just looking? In this activity, we will get familiar with 6 feet.



Step 1: Look around your house for objects you think may be 6 foot apart.

Step 2: Use your measurement tool to measure the objects to see if you were right.

Step 3: Now that you have a better idea of what 6 feet looks like, use something in your house to construct something 6 feet long. This could be a LEGO creation, rubber band chain, pillow line, or whatever you want to use at your home. Can you make it 6 feet without measuring it?

Step 4: After you make your creation, use your measurement tool to see how close to 6 feet your creation is!

Share: Show off your hard work! Send a picture of you with your 6 foot long creation to Miss Sam: [sapplegate@ymcawnc.org](mailto:sapplegate@ymcawnc.org)

### Movement: Balloon Sports

Materials: Balloons

How to Play: Blow up a balloon and choose your sport! Use only your feet and play soccer, set up a barrier for volleyball or tennis, or simply play keep the balloon off of the floor.

\* Need a fun way to get active?! Check out [GoNoodle.com](http://GoNoodle.com) for fun songs, dances, and games to get you moving!\*



### Pasta Marinara

Ingredients: (serves 6)

- 1 28oz can crushed tomatoes
- ¼ cup olive oil
- 1 small onion diced small
- 4 garlic cloves, minced
- 1 tsp salt
- 1 tsp pepper
- ¼ tsp dried oregano 1
- 6oz whole wheat spaghetti pasta (1lb) (or pasta of your choice)

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add onion, cooking until soft, about 5 minutes. Stir in garlic and cook for 1 minute.
2. Pour in tomatoes and stir. Fill the tomato can halfway with water, then add to the skillet. Add salt, pepper, dried oregano, and stir to combine.
3. Simmer the sauce for about 20 minutes, or until the liquid has reduced slightly
4. After the sauce is finished cooking, cook pasta by first brining a pot of water to a boil with a dash of salt. Once boiling, add pasta and cook for about 7-8 minutes, or until it is al dente. Drain when finished.
5. While the pasta cooks, grate cheese and slice fresh basil to top your spaghetti.

### 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.