

# OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 40

## FIND THE GOOD NEWS!



Need some good news to brighten your day? Check out the [Good News Network](#) for inspirational, fun, and happy news.

Check out this fun story from Sweet Farm Animal Shelter in California. The shelter is struggling with their bills so they are raising money by offering cameo appearances from their animals on your next video chat meeting. For a fee, you can surprise your coworkers, friends, or family with an appearance from a goat, pig, sheep, llama, or turkey!

If you are interested in bringing a farm animal onboard for your next video meeting, fill out the request form on the [Goat-2-Meeting](#).

### Character Development: Service

**Service Y Chat:** What is something you have done for your family today?

**Service Activity:** Paint a rock or a stick with a positive message and leave it for someone to find and make their day!

## 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** Crystal Letters

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

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

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

**Activity** Dot Paintings

### 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** Movin' On Up

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

**Activity** Choco-Banana Ice Treats

### 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

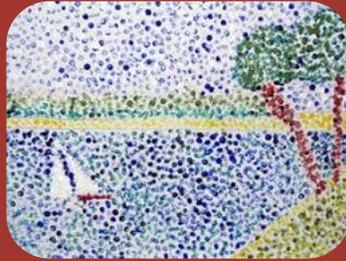
**Activity** Kid's Choice

## ARTS & CRAFTS– DOT PAINTINGS

Materials: Drawing paper, paint, and fine paint brush

Directions:

- Encourage children to only draw the tiny dots with the paint.
- Have children draw the ground, the sky, and the sun (yellow)
- It will be hard, but they can only use dots.
- Afterward they can see all details (Butterflies, flowers, buildings, cars, trees, etc.)



## STEM: Crystal Letters

Materials: Pipe cleaners, Fishing line (twine or yarn will work too), Pencils or wooden skewers, Scissors, Glasses or plastic container (one for each color), A container large enough to hold your name (if doing your name as a single piece written in cursive), Borax, Food Coloring, Liquid measuring cup, Tablespoon, Heat Safe Mixing Bowl

Directions:

- Shape the names with the pipe cleaners
- Heat a large pot of water
- Set out 1 quart plastic container and add 3 tablespoons of borax per 1 cup of hot water (let the kids do the math)
- Mix the borax until completely dissolved.
- Next, add food coloring
- Wrap the extra pipe cleaner around a wooden skewer and place it into the mixture.
- Let it sit over night (this is the hardest part)

NOTE: They can either do one letter or older kids can do cursive and collect all of the letters!



## Movement: Movin' On Up

Materials: Solo plastic cups or similar sized cups, one designated bottom cup (make it obvious)

You have 2 people with 10 solo or similar sized cups and they are all stacked. The bottom cup needs to be noticeably different.

Player has to take the top cup and move it to the bottom and keep doing that until the (noticeably different) bottom cup is back to the bottom.

Whoever does it fastest wins!

YOU HAVE A MINUTE TO WIN IT



## Choc-Banana Ice Treats

Ingredients:

- 1 1/2 cups powdered sugar
  - 4 cups rice puffs cereal
  - 3 tbsp. cocoa
  - 1 cup coconut
  - 1 cup vegetable shortening
- Cupcake holders

Directions:

1. Sift powdered sugar into a large mixing bowl
2. Add all dry ingredients
3. Melt vegetable shortening in a saucepan then cool
4. Carefully pour the shortening in the dry ingredients
5. When cooled, pour mixture into cupcake holders
6. Cool on a tray in the refrigerator
7. Serve

Enjoy!

## Resiliency Tip of the Day

Maintain your social network. During trying times, its often easy to forget to keep in contact with loved ones or friends. Putting in a little extra work during these times is worth the effort to build up your resiliency. Try setting family or friend reunion Zoom calls to catch up, vent, laugh or cry. Keep those connection strong so you have support to lean on during especially difficult days.