

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

40 N. Merrimon, Suite 301, Asheville, NC 28804

YBC Phone: 828-251-5910

Email: ybc@ymcawnc.org

DAY 41

CREATIVE GENIUS

98 percent of 4 and 5 year old's are creative geniuses according to a longitudinal study done by NASA. Only 2 percent of adults score as creative geniuses. So, maybe with this list of materials, you could get your creativity muscles working too! This isn't an exhaustive list of every material you need for creativity. Actually, creativity can happen with zero supplies and it can happen anywhere. But, if you want to see what your little creative genius can do in the process art category of creativity, provide them open ended materials with some glue, markers, paint etc. and let their minds exercise!

process art

LEARNING
WILD

random supplies you can provide your child to get their art and creativity on

- cupcake liners
- corks
- pinecones
- sticks
- cotton balls
- confetti
- magazines
- index cards
- post it notes
- wet chalk
- popsicle sticks
- ribbon
- fabric scraps
- leaves
- flowers
- puzzle pieces
- envelopes
- tissue paper
- wallpaper books
- paper bags
- qtips
- cardboard
- bottle caps
- rocks
- tree cookies
- wood scraps
- felt pieces
- spools
- gems
- buttons
- old game pieces
- scrabble tiles
- coffee filters
- seeds
- cereal
- copper wire
- boxes
- pom poms
- feathers
- greeting cards
- flower leis
- wrapping paper
- styrofoam balls
- old bulletin board borders

Character Development: Self Awareness

Self-awareness is the ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Y Chat: What is your favorite part of your personality?

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 Binary Coding

10-11 a.m. Academic Time

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

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

Activity I Spy Bag

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 "Where to next"

3-4 p.m. Cooking Project

Activity Fruit Punch Salad

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

"I SPY" Bag

Materials: Pencil case with clear front, 8 oz poly pellets, Random items and toys (buttons, beads, things around house), Hot glue gun (adult use only), List of items to find and a picture of the items, Ribbon

Instructions:

Glue ribbon to the back of the pouch.

Glue list and picture to the other end of the ribbon.

Fill pouch with items and poly pellets. Zip it up. Make sure all items are in the pouch that you want.

Go crazy with the glue gun on the zipper. Make sure it is impossible to open.

This also work wonderfully as a sensory tool.



Fruit Punch Salad

Ingredients:

- 1 Cup green grapes, halved and some whole.
- 8 fresh strawberries chopped
- 1 fresh peach, chopped
- 1/2 Cup fresh blueberries
- 1/2 Granny Smith apple, chopped
- 1/4 cup orange juice

Instructions:

1. Mix sliced, chopped, and halved fruits into a bowl.
2. Pour orange juice over the fruit.
3. Mix with a spoon.
4. Enjoy!

- Try different fruits such as kiwi and dragon fruit-

STEM: Binary Coding

Binary code is as easy as 01, 10, 11. Say what? Binary code is how computers talk and represent information. Letters, numbers, and pictures....basically everything you see on the computer (including this post) is made up of different combinations of 0's and 1's. It may seem random to us but binary code is based on a base-two number system which means binary code uses only two numbers, "0" and "1".

Children can spell out their name or a secret message using the binary code key and beads.

A	■ ■ ■ ■ ■ ■ ■ ■	N	■ ■ ■ ■ ■ ■ ■ ■
B	■ ■ ■ ■ ■ ■ ■ ■	O	■ ■ ■ ■ ■ ■ ■ ■
C	■ ■ ■ ■ ■ ■ ■ ■	P	■ ■ ■ ■ ■ ■ ■ ■
D	■ ■ ■ ■ ■ ■ ■ ■	Q	■ ■ ■ ■ ■ ■ ■ ■
E	■ ■ ■ ■ ■ ■ ■ ■	R	■ ■ ■ ■ ■ ■ ■ ■
F	■ ■ ■ ■ ■ ■ ■ ■	S	■ ■ ■ ■ ■ ■ ■ ■
G	■ ■ ■ ■ ■ ■ ■ ■	T	■ ■ ■ ■ ■ ■ ■ ■
H	■ ■ ■ ■ ■ ■ ■ ■	U	■ ■ ■ ■ ■ ■ ■ ■
I	■ ■ ■ ■ ■ ■ ■ ■	V	■ ■ ■ ■ ■ ■ ■ ■
J	■ ■ ■ ■ ■ ■ ■ ■	W	■ ■ ■ ■ ■ ■ ■ ■
K	■ ■ ■ ■ ■ ■ ■ ■	X	■ ■ ■ ■ ■ ■ ■ ■
L	■ ■ ■ ■ ■ ■ ■ ■	Y	■ ■ ■ ■ ■ ■ ■ ■
M	■ ■ ■ ■ ■ ■ ■ ■	Z	■ ■ ■ ■ ■ ■ ■ ■

Movement: Where to Next?

Materials: Small pieces of paper with different landmarks or locations written on them. Large open space outside. Paper bag.

On small piece of paper, a coach or other adult writes down the names of different landmarks in the vicinity; tree, fences, walls.

Put the pieces of paper in a small bag, such as a brown paper bag or running belt.

One child pulls out a piece of paper and reads the location. Then they all have to run to that location .

Once everyone reaches the destination, a different child pulls out another piece of paper.



Resiliency Tip of the Day: Coping

A child may appear confident, but only until something doesn't go according to plan—then they fall apart. A truly resilient child is one who is able to manage their emotions when they face adversity (so they can keep working towards their goal). Resilient children start by facing their feelings about the situation and contain any disappointment, frustration or anger. Then they start thinking about the challenge not as a dead end, but as a stumbling block they can overcome.