

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 42

TAKE LEARNING OUTSIDE



Research shows that learning in the outdoors boosts memory and imagination, encourages decision-making skills, fosters a level of empathy, and builds interpersonal connections.

Shake up your schedule this week and challenge yourself to take homework and mealtime outside. Look and listen to the sights and sounds around you. Ask your child to identify 5 things that they can see, smell, hear, touch, and taste. This exercise will reduce mental fatigue and ground you together in the present moment.

To learn more about how nature impacts your health and well being, read this article by Positive Psychology <https://positivepsychology.com/positive-effects-of-nature/>.

Character Development: Grit

Y Chat:

What was something tough for you recently that you made it through?

Equity Activity:

Make a list of three goals for the week. Draw a picture of yourself accomplishing one of them and talk about how that feels. Look at the picture while you work on your goal!

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 Mint toothpaste

10-11 a.m. Academic Time

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

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

Activity Pressed flower cards

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 The Freeze Dance

3-4 p.m. Cooking Project

Activity Butterscotch Dip with Fruit

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– PRESSED FLOWER CARDS

Materials: Flowers, absorbent paper, Heavy book, card, craft glue

Directions:

- Gather small flowers, some flowers are better than others so let the kids experiment
- Press the flower between absorbent paper and help the kids place them in the pages of the book.
- Leave for a few days
- After, glue the pressed flowers onto the card.
- Let the kids decorate the card however they want
- Give out to neighbors, family, friends, or community members



STEM: Mint Toothpaste

Materials: clean plastic bottle, 1/2 cup 20-volume hydrogen peroxide liquid, 1 tablespoon of dish soap, food coloring, peppermint essential oil, 1 tablespoon active dry yeast, warm water, small bowl, funnel, baking pan

Directions:

- Mix 1 tablespoon of yeast and 4 tablespoons of warm water. Mix until all the clumps are gone.
- In the plastic bottle, put the dish soap and several drops of food coloring.
- Add peppermint (make sure it's an essential oil only)
- Mix in the hydrogen peroxide and gently swirl it around to mix it
- Next, pour the yeast solution into the bottle

**Make sure the bottle is in the baking pan



Movement: Freeze Dance

Materials: Music player, multiple players

One person is in charge of the music, and everyone else dances. The music person stops the music and the players have to stop dancing. If someone keeps dancing, they are out. Play until the last person is standing!



Butterscotch Dip with Fruit

Ingredients:

- 1 can (14oz) sweetened condensed milk
- 1 1/2 cup milk
- 1 (4 serving size) package cook and serve butterscotch pudding and pie filling mix
- Apple or pear cored and sliced or banana chunks

Directions:

1. In medium sauce pan, over medium heat combine sweetened condensed milk, milk and pudding mix.
2. Cook and stir until thickened and bubbly.
3. Cook 2 more minutes.
4. cool slightly.
5. Pour into serving bowl.
6. Serve warm with fruit.

Enjoy!

Tip: Store leftovers covered in refrigerator. Reheat and serve as a topping over vanilla ice cream.

Resiliency Tip of the Day

Co-Regulation vs Self-Regulation

Co-Regulation occurs when you get back into balance with someone you trust.

Self-Regulation happens when you get back into balance on your own. Reminder! Just because you know how to Self-Regulate doesn't mean you shouldn't Co-Regulate!