

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 43

DEPEND ON EACH OTHER

"Before you finish breakfast, you've depended on half the world"
- Dr. Martin Luther King, Jr.

How would you feel if you spent a lot of time and effort into producing something, and somebody took it for a small percentage of what it's worth? This is the struggle that producers in developing countries face everyday.

May 13 is International Fairtrade Day, a day where we stand in support of paying farmers and craftspeople the prices for their products that they deserve, in turn supporting environmental friendliness and better working conditions.

Products with the Fairtrade Mark are sold in over 120 countries, and Fairtrade products include both food and non-food items worldwide. Fairtrade products come from over 70 different countries from around the world, and it encourages farmers to use less chemicals and excessive irrigation.

Today we challenge you to look at what you are purchasing, and we encourage you to look for ways to substitute more Fairtrade into your consumer habits.

For a video about Fairtrade suitable for children ages 7-11, please visit <https://www.youtube.com/watch?v=VeUGvhINwHw>



Character Development: Joy

Y Chat: What makes you laugh?

Activity: During lunch, tell 5 jokes each around the table. The sillier the better!

Have a great week, and don't forget to laugh a little!

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 Heart Pump Model

10-11 a.m. Academic Time

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

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

Activity Painted Leaf Mobile

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 "Mimic Me!"

3-4 p.m. Cooking Project

Activity Stovetop Apple Pie Filling

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



Painted Leaf Mobile

Materials:

- Dried Leaves from the backyard
- 2 sticks of equal size
- String, yarn, or twine
- Paint, Black Marker, and a Bead

Instructions:

1. Collect dried leaves from your backyard. Fresh leaves will work, but they will be difficult to paint.
2. Paint the leaves however you want! Paint the sticks to match.
3. Use black marker to outline your designs.
4. Tie your sticks in a cross shape using the string.
5. Cut various lengths of string and tie leaves to the sticks. Spread them out so they don't tangle!
6. Attach an additional piece of string to the edges of all four branches. Gather the strings and slip on a bead. Tie a knot over the bead, hang the mobile, and enjoy your new decoration!

STEM: Heart Pump Model

Build a functional heart model in this easy STEM project. All you need is:

- 1 Small Jar
- 2 bendy Straws
- 1 Balloon
- Tape/Glue
- Water
- Red Food Coloring

Instructions:

Fill your jar halfway with water. Add food coloring. Cut the neck of the balloon off, stretch out the top part, and put it over the jar so it's taut.



Take a sharp toothpick and poke a hole in the top of the balloon. Make a second hole about an inch away from the first.

Push one straw through each hole with the bendy part sticking out the top. Use the neck of the cut balloon to cover the opening of one straw sticking out of the cup. Have your child push up and down on the balloon, between the two straws. Pump quickly and firmly, just like your heart! Watch the "blood" flow through!



Movement: Mimic Me!

Materials: Cards outlining different static and active movements

Instructions:

This is a great alternative to Charades or Simon Says!

Draw cards outlining static and active movements ("ninja kicks," "ballerina twirls," or "Stand tall like a Mountain!").

Shuffle the deck. Have your child draw cards and act out what is on their card (no peeking!). Take turns guessing the movement they are acting out as you act it out with them. The person with the most correct guesses gets to draw next!



Apple Pie

Happy National Apple Pie Day!
Enjoy this easy stovetop pie filling recipe to join in on the celebration.

Ingredients:

- 4 medium apples
- 3 TBSP water
- 2 TBSP butter
- 1 tsp cinnamon
- 1/3 C sugar
- 1 TBSP + 1 tsp corn starch
- 2 TBSP water

Instructions:

1. Peel, core, and slice apples
2. Melt butter and cinnamon over medium heat. Stir in apples, sugar, and 3 TBSP water.
3. Cover and cook, stirring occasionally for 4-6 min, or until very slightly softened.
4. In a small dish, combine cornstarch and 2 TBSP water. Add to pan while stirring and cook until apples are soft/filling is thickened. Let bubble 1 min and cool. Enjoy!

Resiliency Tip of the Day: Modeling

Modeling: Mirror neurons are brain cells that respond as if a person is acting in the same way as which they are observing. These neurons "mirror" what the individual is seeing.

Mirror neurons teach children how to behave based off of past and present observations. When you feel stressed, be sure to respond in a way that you would like to see mirrored by your child!