

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 44

PRACTICE LISTENING



Everybody wants to feel seen and heard, including our kids. Actively listening to your children will make them feel loved and respected, increasing the level of happiness and community in your home.

We often listen to respond or to rescue our children. It is important to practice listening for the sake of listening to your children.

Take initiative to schedule dedicated one-on-one time with your child and let them express how they're feeling. Pay attention to their words and body language, and encourage them to tell their own "truth." Don't pass judgment or offer advice unless they ask for it. Just listen first!

For more information on communicating with children, please visit <https://raisingchildren.net.au/toddlers/connecting-communicating/communicating/communicating-well-with-children>

Character Development:

Y Chat: How do you show respect to someone who is not showing you the same?

Activity: Share a story with someone and have them draw a picture as you tell it. Then listen to a story and draw a picture about it!

Discuss the bright spots and what you learned about each other. This shows respect for the voices around us and for our own.

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 Paper Helicopters

10-11 a.m. Academic Time

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

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

Activity DIY Stress Ball

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 Quarantine Tag

3-4 p.m. Cooking Project

Activity Easy Buttermilk Biscuits

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

DIY Stress Ball

Materials:

- Balloon
- Empty water bottle
- Permanent Marker
- Yarn
- Flour



Instructions:

Fill the water bottle with flour using a funnel. Blow up balloon and stretch it over water bottle. Shake flour into balloon. Release air from balloon, and tie it in a knot. Use string to make "hair" for the stress ball and decorate a face with permanent marker.

For more detailed instructions and visuals, watch <https://www.youtube.com/watch?v=Fz5iEBdJM84>

STEM: Paper Helicopters

Paper helicopters are a fun and easy STEM project for kids to engage in. These helicopters spin because air is forced upward on their blades. The air presses each side of the blades with an equal force in opposite directions, so the helicopter spins!

Materials:

- 2 inch X 8 inch piece of construction paper/cardstock
- Helicopter template (retrieve at <https://babbedabledo.com/diy-toy-paper-helicopter/> or use the photo as a reference for proportions)
- Paper clips
- Tape
- Scissors

Instructions:

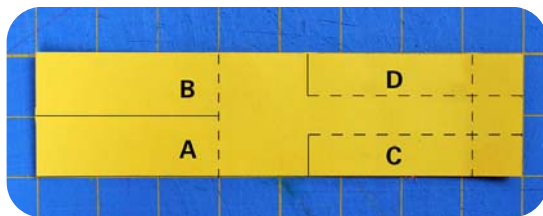
1. Cut paper and draw guide
2. Fold "D" section along the dotted line
3. Fold "C" section along the dotted line
4. Fold "A" Section along the dotted line toward you
5. Fold "B" section along the dotted line away from you
6. Fold bottom edges of sections "C" and "D" toward you and tape the end
7. Add a paper clip to the taped end



Once you get the hang of it, try changing the size or shape of the helicopters.

If you switch the directions of the folded blades, does anything happen?

Add extra paper clips. Does the helicopter spin faster or more slowly?



Movement: "Quarantine Tag!"

In this age of social distancing, you can still play your favorite game with your friends while not touching.

Play "tag" like you normally would; this time, try to tag other players' shadows!



Easy Buttermilk Biscuits

Happy Buttermilk Biscuit Day!

Ingredients:

- 2 C all-purpose flour
- 1 TBSP baking powder
- 1/4 tsp baking soda
- 2 tsp sugar
- 1 tsp salt
- 6 TBSP cold unsalted butter, cubed
- 3/4 C cold buttermilk (plus more for tops of biscuits)

Instructions:

1. Preheat oven to 450F. Line a large baking sheet with parchment paper. Set aside
2. In a large mixing bowl, whisk together the dry ingredients. Cut the cubed cold butter into the dry ingredients using a pastry cutter (or food processor) until pea sized butter pieces.
3. Pour cold buttermilk into mixture and work the dough until it comes together
4. Work the dough on a lightly floured surface until all crumbs are included.
5. Pat the dough into 1/2 inch rectangle. Cut out biscuits
6. Bake at 450F for 15-17 minutes until lightly golden brown. Brush with butter, allow to cool.
7. Serve and enjoy!

Resiliency Tip of the Day: Sense in to your Feelings

"If you can name it, you can deal with it!"

Assign a physical sensation to what you are feeling. Do your palms feel sweaty when you're nervous? Does your chest get tight when you're angry?

When you sense in to what your body is telling you, you are taking ownership of your experience!