

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 45

## COOKING WITH CHARACTER



Pixar taught us all that cooking can be fun! Tap into that magic as a family by visiting Pixar's YouTube Channel. Their new YouTube series highlights recipes that are directly taken and inspired from their movies.

"Cooking With Pixar" teaches you and your family how to make bao from the short movie 'Bao,' birthday cake from 'Onward,' and Pizza Planet Pizza from 'Toy Story.'

Do you and your child have a favorite movie that features fun food? Start with the Pixar YouTube Channel at <https://ew.com/movies/cooking-with-pixar-recipes-youtube/>, then branch out to your favorite recipe site and get started.

Cooking with Kids is another helpful site to teach you and your children the basics of kitchen, knife, and food safety. Visit their site at <https://cookingwithkids.org/resources/>. Happy cooking!

### Character Development: Sympathy

**Y Chat:** What do you want to be when you grow up and how will you help others? Why is it important to be sympathetic to other people's situations?

**Activity:** Draw how you are feeling today, use colors or just a pencil and make it as large or small as you like. If able have a partner do the same. Switch drawings and see if you can guess how the other feels today.

## 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** Invisible Ink

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

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

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

**Activity** Recycled Crayons

### 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** Giant Tape Maze

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

**Activity** Zucchini Fries

### 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

## Recycled Crayons

### Materials:

- Old Crayons grouped into color varieties
- Muffin Pan
- Oven



### Instructions:

Do you have leftover crayon pieces that are too small to use? Don't waste them! Gather the leftover crayons and remove the paper wrapping. Have your child sort the crayons into color families (reds, blues, greens, etc.). You can also get creative and sort a pile into rainbow colors, galaxy colors, and more! Put each pile of crayon pieces into a muffin pan. Bake these until melted at 250 F. Let the pan cool and the crayons to set up (this will vary in time depending how large your crayon piles were). Then enjoy! The new crayons will be easy to hold and provide a beautiful color variation!

## STEM: Invisible Ink



Lemon juice is acidic, so it eats away at the paper and makes it weak. Have fun making this magic invisible ink and writing messages to each other! Heat the paper up with a hair dryer after you write your message and watch the damaged paper turn brown!

### Materials:

- Half a lemon (or 1 Tbsp of bottled lemon juice)
- 1 cup
- 1 cotton swab
- At least 1 sheet of white paper
- Heated hair dryer

### Instructions:

1. Squeeze the lemon juice into a cup, or just pour the bottled juice in.
2. Add a little bit of water and stir it.
3. Dip the cotton swab into the mixture and then write a message on a white piece of paper.
4. Let the paper dry- your message should be invisible.
5. When you are ready to reveal your message, heat it up by using a hair dryer

## Movement: Tape Maze

Using painters' tape, you can make a maze on the floor for your kids to play with.

They can use toy cars or other objects in order to go through the maze. You can also make it on a larger scale and see if your child can walk through the maze themselves!



## Zucchini Fries

Enjoy this healthy alternative to French Fries this weekend!

### Ingredients (3 servings):

- 3 large zucchinis
- 2 large eggs, beaten
- 2 cups Italian breadcrumbs
- 1 tsp red pepper flakes (optional)
- 1 tsp salt
- ½ tsp pepper

### Instructions:

1. Preheat oven to 350 F
2. Slice the ends off of each zucchini, then slice them in half and into wedges.
3. In a bowl, mix breadcrumbs, red pepper flakes, salt, and pepper.
4. Dip each wedge into beaten eggs, then into breadcrumb mixture.
5. Place on a baking sheet, skin side down
6. Bake 15-20 minutes
7. Enjoy!

## Resiliency Tip of the Day: Sense In

When emotions get high, have your child "sense in" to where they feel their emotions in their body. Do their hands feel "hot"? Does their brain feel "fuzzy"?

Focus on your body's response to positive and negative emotions to help get yourself and your child more grounded.