

OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 46

READY TODAY. PREPARING FOR TOMORROW.



This year's National EMS Week is May 17-23rd. EMS week is a tradition that began in 1974 with President Gerald Ford to celebrate the work that EMS workers do for the community.

This year, five days of EMS Week have a theme that represents the diverse nature of EMS:

- **Monday** - EMS Education Day
- **Tuesday** - Safety Tuesday
- **Wednesday** - EMS for Children Day
- **Thursday** - Save-A-Life Day (CPR & Stop the Bleed)
- **Friday** - EMS Recognition Day

Thank you for your commitment to our community, front line workers. For more information on National EMS week and ideas of how to celebrate, please visit <https://www.naemt.org/initiatives/ems-week>

Character Development: Courage

Y Chat: Who is someone that you stand up for? How do you show loyalty?

Activity: Make a paper airplane, write on the wings things that help you feel stronger; singing, shooting basketball, trying something new, etc. Then see how far you can launch your plane. Read one thing aloud each time you throw the plane and whichever one goes the farthest, (so if you say helping others aloud and that goes the greatest distance) you would do something to help out today that is not already part of your routine. Jets up, you can all become more courageous and amazing!

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 Exploding Baggies

10-11 a.m. Academic Time

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

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

Activity Shadow Zoo

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 Broom Dancing

3-4 p.m. Cooking Project

Activity Popsicles

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

Shadow Drawing

Materials:

- Plastic figurines
- Sketchbook or paper
- Pen or Pencil
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Instructions:

1. Set up your sketchbook outside in the sunshine
2. Encourage your child to trace around the shadows to reveal their own art
3. To take it to another level, color it with crayons or paint



STEM: Exploding Baggies



Combining baking soda and vinegar is a classic STEM experiment and a guaranteed success. Have fun with this new face of the activity with colorful baggie explosions.

Materials:

- Plastic baggies
- Clothespins
- Food Coloring
- 1/3 C Vinegar (for each bag)
- 2 TBSP baking soda (for each bag)

Instructions:

1. Pour vinegar into each baggie. Add a few drops of food coloring to desired color and twist and close baggie with a clothespin.
2. Add the baking soda to the empty "top" space of the baggie and set aside. Seal the baggie completely.
3. When you're ready for the fun, remove the clothespin and allow the baking soda to fall into the vinegar.
4. Watch as the bags fill with gas and explode into a fizzing mess!

Movement: Broom Dancing

Make spring cleaning more fun by turning it into a game for you and your children.

Play some of your favorite music while sweeping, and use your broom as a prop or dance partner.

If you're looking for another way to incentivize sweeping, make a small square on the floor using painter's tape. See how many crumbs you can get in the square, and tally your points in each room.



Homemade Popsicles

Ingredients (3 servings):

- 1 ½ cup pureed strawberries
- 1 ½ cup pureed peaches
- 2 tablespoons honey
- 2/3 c vanilla Greek yogurt
- Popsicle form (if you don't have one, you can use a muffin pan)
- Popsicle sticks

Instructions:

1. Add honey to pureed peaches, stir
2. Layer popsicles into form in the following order: 2 tsp strawberry puree, 1 tsp yogurt, 2 tsp peach puree. Repeat until full, ensure the last layer is a fruit puree.
3. Tap the mold onto the counter to ensure all layers settle. To create a swirled pattern, use the back of a spoon and gently drag from the top surface to the bottom surface of the mold.
4. Gently tap the mold again on the countertop to remove any bubbles. Insert popsicle sticks. Freeze for at least 6 hours. Enjoy!

Resiliency Tip of the Day:

Highlighting: When going through or thinking of a negative experience, highlight any positive aspects you can think of. During your experience, were there helpers that were there for you in any way? When bad things happen, our brain only notices what's wrong. When we make a point to see the good, we widen our perspective.