

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 47

STAY COOL IN THE POOL

During National Water Safety Month in May, the YMCA of Western North Carolina encourages children and parents to keep water safety top of mind.

While the Y's doors may be closed, swimmers can still enhance or learn new techniques, develop confidence, and learn safety skills that can save lives.

Check out these ABCs of Aquatic Safety and share with your family and friends!

For more information on the YMCA of WNC's Drowning Prevention Program, please visit <https://ymcawnc.org/programs/swimming/drowning-prevention>.

Aquatic safety is everyone's responsibility! Below you'll find the ABC's of Aquatic Safety. We hope you can look through and discuss with everyone in your family! Please share the letter that most surprised you or has the most impact to you.

A – Adult Supervision	J – Jump feet first	S – Swimming lessons
B – Buddies	K – Know your limits	T – Trainings (CPR/AED/First Aid)
C – Confidence	L – Lifeguards	U – Ultraviolet Rays/Sunscreen
D – Disinfectants	M – Must get permission	V – Verify location in case of 9-1-1
E – Emergency Action Plans	N – No running	W – Water temperature
F – Follow the rules	O – Oxygen tanks	X – eXpress concerns
G – Going for GREEN	P – Personal Flotation Device	Y – Yell for help
H – Hydrate	Q – Question if unsure	Z – Zip up your PFD
I – Identify swim boundaries	R – Rinse off before you swim	

Character Development: Responsibility

Y Chat: What is something challenging for you to do day to day?

Activity: Write a poem about your least favorite task.

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 Drop of Blood Kitchen Science

10-11 a.m. Academic Time

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

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

Activity Aluminum Tape

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 Storybook Yoga

3-4 p.m. Cooking Project

Activity French Toast Nuggets

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

Aluminum Tape Art

Materials:

- Aluminum Tape
- Glue, Scissors, Yarn
- Cardstock, Pencil

Instructions:

1. Draw your design on a piece of white cardstock. Keep it simple, because you will be using yarn to actually “draw” later
2. Apply glue along your pencil lines to create an outline.
3. Carefully place your yarn pieces on the glue lines.
4. Cut aluminum tape strips a little longer than the length of your card stock. Be careful—it sticks to everything!
5. Peel back about an inch of tape from the protective backing and line the tape up on your card stock.
6. Fold the overhanging tape in the back to add some structure.
7. Once you have all of your yarn pressed with tape, it will look like a metal reveal or impression.
8. This is not the time to be a perfectionist! Layering is half the fun!
9. For an instructional video and more craft ideas, please visit <https://www.forgethimknot.com/art-project-for-kids-using-aluminum-tape/>



French Toast Nuggets



Try something new for brunch this weekend with a fun finger food for the whole family

Ingredients :

- 8 slices white bread
 - 2 eggs
 - 1/4 C milk
 - 1 TBSP sugar
 - 1 tsp vanilla
 - 3 TBSP butter for frying
- ### Cinnamon and Sugar Topping
- 1/4 C sugar
 - 1 tsp cinnamon

Instructions:

1. Tear each slice of bread into 4 equal pieces. You can cut the crust off if you want to!
2. Roll and smash each portion of bread into a tight ball.
3. Mix the eggs, milk, sugar, and vanilla in a small bowl in a whisk.
4. Dip each ball of bread into the egg mixture to lightly coat it.
5. Melt butter in a large frying pan. Fry the “nuggets” in the butter until golden brown. Depending on size, this may have to be done twice.
6. Mix together the cinnamon-sugar in a large zip-top bag.
7. Place all of the cooked “nuggets” into the bag, shake to coat, and Enjoy!

STEM: At Home Chemistry

In this activity, challenge your children to clean pennies in various condiments (make sure to include ketchup; trust us!). Ask your children which condiments they think will clean the pennies the best—You may be surprised by the results.



Materials:

- Dirty Pennies
- Small Cups
- Ketchup
- Water
- 2 or more additional solutions (vinegar, coke, mustard, mayo, lemon juice, etc)

Instructions:

1. Pour a small amount of each solution into a cup. Be sure to include one water cup and one ketchup cup.
2. Take a few minutes to examine your chosen solutions. What do they look like? How do they feel and smell? Use your senses.
3. Put one dirty penny in each cup. Coat the entire penny in the solution.
4. Let the pennies soak for 5-10 minutes. Place a clean, white paper towel in front of each cup.
5. Gently wipe off the pennies. Observe the results. Which penny is the cleanest? Which pennies are still dirty? Why do you think that is?

Movement: Storybook Yoga

Choose your child’s favorite book that includes many different, themed characters (ocean animals, farm animals, etc)

While you are reading through the book, ask your child to “pose” and act out the book. Challenge your child to hold the poses for 3 long, deep breaths.

What was your child’s favorite pose? Which poses are easier to hold, and which are more difficult?



Resiliency Tip of the Day:

Redirect: When experiencing physical or emotional pain, redirect your attention to places that feel better physically to neutralize the negative feeling. Concentrate on a part of your body that is not painful for 20- 30 seconds. Focusing on the good or neutral physical feelings will help our brains not notice the pain as much.