

# OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 48

## PRACTICE GRATITUDE



We hear a lot of talk about “self-care,” but what does that mean for you as a parent? There are many small, realistic ways that you can prioritize your health and well-being throughout the day:

1. Listen to Music—Whether driving in the car or while cooking dinner in the kitchen, choose something that you want to listen to and really enjoy.
2. Practice Gratitude—Start a Gratitude Journal. Buy a Bullet Journal or Print out Bullet Paper and document one thing you’re grateful for everyday
3. Disconnect—Take a break from anything electronic for a few hours some point in the day. This will help you feel more grounded in the moment.
4. Take Your Time—Sit down with an apple or your next meal, and really savor each bite. Use all of your senses and take your time with the experience

Many parents feel some level of associated guilt when they begin to invest time and resources into themselves. Prioritizing yourself doesn’t make you a bad parent! By putting yourself first from time to time, you are teaching your children to do the same.

How do you plan on exercising self-care this week? Visit <https://health.clevelandclinic.org/5-realistic-ways-to-practice-self-care-as-a-parent/>

### Character Development: Caring

**Y Chat:** What makes you feel cared for?

**Activity:** Draw a Four Leaf Clover. Write four things you feel lucky or grateful for on each leaf.

## 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** Walking Horse Activity

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

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

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

**Activity** Picasso Self Portrait

### 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** Indoor Treasure Hunt

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

**Activity** Oatmeal Nut Butter Energy Bites

### 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

## Picasso Self- Portrait

### Materials:

- Black 12x12 paper
- Paint swatches
- Colored Paper, any other fun paper
- Circle hole punchers
- Glue Sticks
- Scissors

### Instructions:

1. Prepare the materials for the collage. Precut and assemble a few materials to add variety. Precut circles, shapes, and the face outlines for younger children.
2. Give the children scissors and set out materials.
3. Ask them to assemble their faces a few ways before deciding on the final arrangements they'd like to glue together.
4. Ask them to glue all of their pieces to the face cutouts.
5. Make a portrait of your own! Encourage your child's creativity by having fun with this activity yourself.
6. Display and share collages!



## STEM: Walking Horse

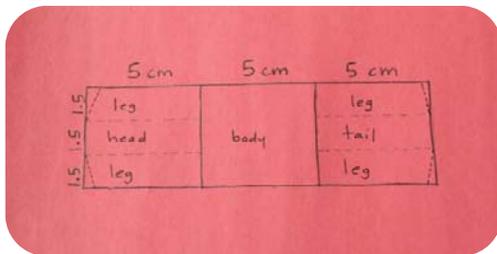
In this activity, all you need is paper and incline to make a horse that actually walks!

### Materials:

- Construction paper
- Scissors
- An Incline Surface

### Instructions:

1. Trace out the horse shape in the picture below to scale. You can make several horses out of one piece of construction paper.
2. Cut around the perimeter of the template. Then cut only the dotted lines of the template
3. Fold the head (PRO TIP: Curling the tail helps the horse balance better!)
4. Put your horse on a inclined surface with enough friction to allow the horse to grip. Have a fun race!
5. See which variables affect the horse's walking speed and ability. Does a longer head help? What about longer legs? Why do you think this is?
6. If you'd like to see a video demonstration of this activity, visit <https://frugalfun4boys.com/paper-horse-that-walks/>



## Oatmeal Nut Butter Energy Bites

This is a fun, no-bake recipe to practice mixing and measuring.

### Ingredients :

- 1C Old-Fashioned Rolled Oats
- 1C Steel Cut Oats
- 1/2C Shredded Sweetened Coconut
- 1C Crispy Rice Cereal
- 1C Nut Butter of Choice
- 1C Ground Flax Seed
- 2/3C Chocolate Chips
- 1/4C Honey
- 2 tsp Vanilla Extract

### Instructions:

1. Measure all Ingredients and combine in a large mixing bowl
2. Refrigerate for at least 1 hour before forming into 1-2 inch balls. If the mixture isn't holding together well enough, you can add a little more nut butter or honey to bind
3. Keep the balls refrigerated or freeze them for up to 2 months.

## Movement: Indoor Treasure Hunt

Hide different items around your house. Create a map marking "X" as the spot where the items are hidden.

Make a key of items that are hidden in the bottom corner of your map. After your child finds all of the items, have them create a map for you.

Happy Hunting!

## Resiliency Tip of the Day: Restore

Feeling shame is very common when dealing with a tough situation. Shame can be a barrier to connection. When you are supporting someone through a tough time, be sure to show genuine concern, offer understanding, and encourage them to talk about how they feel. Shame grows in secrecy, silence, and judgement.