

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 49

FRESH FRUITS AND SUNSHINE



May 21 is National Eat More Fruits and Vegetables Day!

Most of us have heard that we should eat more fruits and vegetables, but do you know why? Fruits and vegetables contain important vitamins, minerals, and fibers that support wellbeing and a rounded diet.

A diet rich in “green stuff” protects against aging, cancer, diabetes, and heart disease. Leafy greens in particular are an easy, low-calorie way to fill your belly.

There are so many varieties of fruits and vegetables that it’s difficult to get bored trying new things. Fruits and vegetables come fresh, frozen, canned, juiced, and dried—they are appealing and nutritious in many different forms.

Celebrate this Eat More Fruits and Veggies Day with your family by picking up something new at the store. Choose a fruit or vegetable from another part of the world or prepare something familiar in a new way. You can even plant a children’s vegetable garden or test your senses with a blind taste test. The options are endless.

For more information on incorporating fruits and vegetables into your diet, please contact a licensed nutritionist or your health professional. Download the My Plate App or visit <https://www.choosemyplate.gov/> for serving sizes and recommendations.

Character Development: Selflessness

Y Chat: What is something somebody regularly does for you without expecting anything in return?

Activity: Write a kind note for somebody and hide it behind something they normally use, like a toothbrush. Small selfless acts add up!

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 Cup phones

10-11 a.m. Academic Time

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

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

Activity Germ Painting

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 The Floor is Lava

3-4 p.m. Cooking Project

Activity Wafflesaurus

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

Germ Painting

Materials:

- Paper
- Paint
- Straw
- Marker

Instructions:

1. Dip one end of the straw in the paint.
2. Blow into the free end of the straw to create a "splatter" effect on the paper.
3. Once the paint dries, draw eyes on each splatter to create your germs.
4. Follow up with a discussion about handwashing, and demonstrate proper handwashing techniques with your child. Encourage them to sing their ABC's or Happy Birthday two times while lathering the soap.



Wafflesaurus

Who says you can't play with food from time to time? Enjoy this fun way to sneak more fruit into your child's diet.

Ingredients :

- 1 waffle
- 1/2 C pineapple wedges
- 1 cheese stick
- Chocolate and butterscotch chips
- Vanilla wafers
- Dried Cranberries

Instructions:

1. Cut the waffle in half to make two bodies. Cut out small triangles from a second waffle to create tails.
2. Use the pineapple wedges to create body spikes, and place a vanilla wafer on one end for the head.
3. Use the cheese stick to make legs, and chocolate chips for eyes.
4. Use a butterscotch chip for a nose and cut a dried cranberry in half for a mouth.
5. Spread granola under the legs for the "ground" (optional), and enjoy!

STEM: Paper Cup Telephones

This is an old-fashioned STEM activity that requires minimal equipment and will teach children about sound waves.

Materials:

- 2 paper cups
- A sharp pencil or sewing needle to poke holes (with adult assistance)
- String (Kite String or fishing line preferable)

Instructions:

1. Cut a long piece of string about 20 meters (66 feet) long.
2. Poke a small hole in the bottom of each cup.
3. Thread the string through the cups and tie knots at each end to stop it pulling through the cup.
4. Ask your child to take one cup and move at a distance that will pull the string tight (make sure the string isn't touching anything else!)
5. Ask your child to put the cup to their ear, and tell them a secret message. Can they hear you?

Sound waves are converted to vibrations as you speak into the cup. They travel along the string and are converted back into sound waves so that your child can hear.

Movement: The Floor is Lava

Tell your child that the floor is "lava" and cannot be stepped on.

Provide your child with pillows or paper to use to make a "path" through your home. Challenge them to travel from space to space in creative ways.

This is a game that can be modified in many different ways and can provide you with lots of indoor, rainy day fun! It is also a "kid favorite" to play on the playground.



Resiliency Tip of the Day: Connect

Talk about what you are going through with others. Family, friends, and co-workers can be a lasting source of emotional support as well as "reality checks". Even when the circumstances seem beyond your control, connecting with others who feel similarly can help form an important bond. Ideas on ways to manage, take action, or cope may arise from such bonds. You're not alone!