

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 5

## YOU'RE DOING GREAT!



Parents, you have made it through your first week of this strange new "normal." No matter how successful you felt at teaching lessons, helping with schoolwork, cooking the "right" lunch or monitoring screen time, you are amazing! Yesterday was Absolutely Incredible Kids Day, but let's make today absolutely incredible parents day! Try not to let the stress of everything happening in the world take over. Practice self care often and remember you are ABSOLUTELY INCREDIBLE!

### Character Development: Optimism

#### Optimism Y Chat

What is something amazing you have done for your family this week?

#### Optimism Amazing Things Mobile Activity

Create a hanging mobile using a hanger, paper clips or string, and paper. Write or draw on the paper amazing things you can do for your family or things you feel help them on a daily basis. Using glue or tying the paper with string, hang each paper from paper clips or string at different lengths off of the hanger. You can also draw pictures of your family or pets and paint or color the paper if you are able and create a colorful Mobile! You can continue to add to this mobile throughout the week and create something beautiful that reminds us how amazing we all are for each other.

## 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 Oil Spill

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

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

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

Activity Painting with Bubbles

#### 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 Booty Charades

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

Activity Easy Cheesy Omelet

#### 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

## ARTS & CRAFTS: PAINTING WITH BUBBLES

**Materials:** non-toxic tempera paint, bubble solution, bubble wands or plastic straws, cups or small bowls, construction paper or cardstock, tablespoon



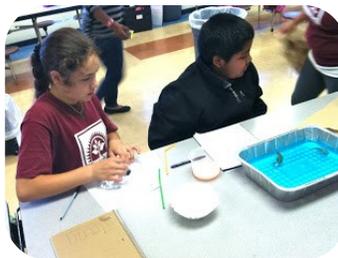
### Instructions:

- Add three tablespoons of bubble solution and two tablespoons of paint to a cup.
- Mix the paint and bubble solution together.
- Place a piece of paper on the grass or a table.
- Dip the bubble wand or a straw into the bubble paint and then blow out bubbles so they land on the paper.
- Allow to dry before hanging up the colorful bubble paintings!

## STEM: OIL SPILL

**MATERIALS:** DISH SOAP, COTTON BALLS, SPONGES, TRAY FILLED WITH WATER, FEATHERS, (OR LEAVES), OIL

**INSTRUCTIONS:** FILL UP A TRAY WITH WATER AND ADD A LITTLE BIT OF OIL IN IT. THEN ADD YOUR FEATHERS OR LEAVES AND REALLY MOVE AND SWISH THEM AROUND IN THE TRAY. OBSERVE HOW/IF THE FEATHER STARTS TO GET COVERED IN OIL. REMOVE THE FEATHER AND TRY TO WIPE IT CLEAN WITH JUST A COTTON BALL OR SPONGE. DOES IT REMOVE ALL THE OIL? IS THERE STILL RESIDUE ON IT? NOW TRY TO USE SOAP AND WATER ON THE FEATHER TO REMOVE AN OIL. IS IT MORE SUCCESSFUL? LOOK UP THE DEEPWATER HORIZON OIL SPILL OF 2010 TO DISCOVER WHAT AN OIL SPILL ON A MASSIVE SCALE CAN DO TO THE ENVIRONMENT.



## Movement: Booty Charades

**Materials:** Just yourself!

Just like in regular charades your partner has to guess what you are doing, except in this version you are going to try and spell a word by moving your bottom to the shape of each letter. The hardest part of the game is trying not to laugh. (This is also a great way to practice spelling words!)



## Easy Cheesy Omelet

**Ingredients:** (to make 1 omelet)

- 1 egg
- 1 Tablespoon water or milk
- Dash salt and pepper (1/8 tsp each)
- 1 tsp butter
- ¼ cup grated cheddar cheese

### Instructions:

1. Beat eggs, water or milk, salt and pepper in a small bowl until blended.
2. Heat butter in a nonstick pan over medium-high heat until hot. Coat the bottom of the pan in the melted butter.
3. Pour the egg mixture into the pan, it will firm up immediately at the edges.
4. Using a rubber spatula, gently push the cooked portions from the edges toward the center of the pan. This will allow the uncooked eggs to reach the hot surface of the pan. Continue cooking, tilting the pan and gently moving the cooked portions as needed.
5. When the top of the egg is set and no visible liquid remains, sprinkle cheese on one side of the omelet. Use the rubber spatula to fold omelet in half, then slide it onto your plate. Enjoy immediately!
6. Repeat this process for each omelet.

## Resiliency Tip of the Day

**Highlight:** When going through or thinking of a negative experience, highlight any positive aspects you can think of. During your experience, were their 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.