

# 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 50

## SUPPORT BIOLOGICAL DIVERSITY



May 22 is the International Day for Biological Diversity, a holiday that was created to help us ensure that Earth is a place where all creatures can not only survive, but thrive.

According to Crop Life International, there are 10 ways that we can support Biological Diversity:

1. **Help the Bees** – Plant wildflowers and native plants in your backyard.
2. **Plant Local Flowers, Fruits, and Vegetables** – This helps support the diversity of your local areas
3. **Protect Natural Habitats** – Stay on walking paths, and don't crush flowers or plants when hiking
4. **Reduce your Carbon Footprint** – Walk, carpool, ride your bike, or take the bus
5. **Conserve your Water Usage** – Reduce your shower time or turn off the water while you are scrubbing dishes
6. **Reduce, Reuse, Recycle** – Recycle not only bottles and cans, but clothes, electrical goods, and batteries
7. **Buy Local** – Find out how your food was grown and support your local farmer
8. **Visit a Botanical Garden** – Here scientists can study, store, and grow plants. Support them by donating or asking about volunteer opportunities.
9. **Support Farmers** – Shop at local farmers markets and eat seasonal foods
10. **Educate Those Around You** – Boost public awareness through conversation; small acts add up!

### Character Development: Loyalty

**Y Chat:** Has anyone ever broken your trust? How did that make you feel?

**Activity:** Who or what are you loyal to? Make a list and describe what loyalty means to you.

## 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** Water in a Bag

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

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

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

**Activity** Sunprints

### 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 Tissue Dance

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

**Activity** Easy Pretzel 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

## Sun Prints

Sun prints are a special activity that require a set of special paper, but are well worth the extra effort!

### Materials:

- Sun print paper (can be found easily on Amazon)
- A tray/piece of cardboard bigger than the paper
- Flowers/leaves/other specimens
- Glass or plexiglass to press specimens (optional)

### Instructions:

1. Take the Sun Print paper out of the package. It is light sensitive, so immediately get to work!
2. Put the paper on top of the cardboard and lay out your design.
3. Put plexiglass on top of specimens to weight them down (optional).
4. Walk slowly outside and place the paper in the sun.
5. Wait 5-10 minutes. Bring the paper inside and immediately wash it in water.
6. Hang to dry, and display your art.



## Easy Pretzel Bites

Everyone loves pretzels, and this is an easy way for your family to get their fix!

### Ingredients :

- 1 package of pizza dough
- 1 egg
- Rock Salt
- 1 1/3 C baking soda
- 1 Quart warm water

### Instructions:

1. Preheat oven to 350F
2. Create a baking soda bath by mixing the warm water and baking soda
3. Cut up the pizza dough into small, bite-sized pieces
4. Dip all the pieces individually in the baking soda bath
5. Place the pieces onto a baking sheet
6. Whisk the egg and brush it onto the dough pieces
7. Sprinkle the dough with salt
8. Bake for 12 minutes or until golden brown. Enjoy!

## STEM: Water in a Bag Experiment

### Materials

- Ziplock Bag
- Sharp Pencils
- Water
- Water Tray (just in case!)

### Instructions

1. Fill the bag full of water and make sure that there are no holes or leaks.
2. Hold the water bag tightly at the top with two hands
3. Ask your child to insert the sharpened pencils straight through. No water should come out!
4. Repeat with multiple pencils. How many can you stick in before the water pops out?
5. Have fun pulling the pencils out and watching the water gush out



## Movement: The Tissue Dance

Cue up a CD or Dance Party playlist.

Give everyone a tissue and have them place it on their head.

Start the music and begin dancing, but don't let the tissue touch the ground! If the tissue falls, find creative ways to put it back on your head.

If your tissue hits the ground, you're "out."

Last person with a tissue on their head is the winner and gets to choose the next CD or playlist.

## Resiliency Tip of the Day: Self-Regulation

Self regulation or emotional regulation is the ability to monitor and modulate which emotions they have, when they have them, and how they experience and express them. Learning to self-regulate is a key milestone in child development – whose foundations are laid in the earliest years of life. A child's capacity to emotionally self-regulate affects their family and peer relationships, academic performance and long-term mental health. Practice self regulation by using grounding, breathing, and redirecting techniques.