

OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 51

CAMP CONNECTION



Are you sick of the gloom and bad news, and do you need something new to look forward to? We are still taking registrations for summer camp!

FULL TIME AFTERSCHOOL PARTICIPANTS are not automatically enrolled for camp this summer. You must go to our website to register.

Thank you for bearing with us during these uncertain times. We appreciate your commitment to #staywithus as we navigate the road ahead.

Are you following us on Facebook? Stay in the know:

Check us out on Facebook at YMCA of WNC Youth Services or click [here](#)

Character Development: Emotion Management

Y Chat: How do you separate your emotions from your actions?

Activity: Take 15 minutes a day and play calming music. Close your eyes. Feel your breath and the chair or ground supporting 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 Pipe Cleaner Math

10-11 a.m. Academic Time

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

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

Activity Dot 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 Paper Plate Ring Toss

3-4 p.m. Cooking Project

Activity Bread in a Bag

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

Dot Painting

Pointillism is a technique in which artists use small, distinctly-colored dots to create a full picture. Enjoy getting your feet wet with this new technique with Q tips and paint!

Materials:

- Liquid Watercolors (or washable tempura paint)
- Watercolor paper, or heavy paper that can withstand moisture
- Q-tips



Instructions:

1. Put your watercolor paper on a tray, mat, or plastic tablecloth. This will ensure that nothing bleeds on your counters.
2. Dip a Q-tip in each color paint, and enjoy creating "dot patterns" and shapes. Be as creative as you want!

Math and Reasoning: Pipe Cleaner Math

Materials

- Plastic Pony Beads
- Pipe Cleaners
- Math Fact Equations, Addition and Subtraction totaling 1-10



Instructions

1. Place beads on pipe cleaners so you have 1-10 beads on each pipe cleaner
2. Pull a Math Fact Equation from the deck. Hand your child pick the pipe cleaner that has the total number of beads as the answer.
3. Have your child separate the beads to match the problem and find the answer!

Movement: Paper Plate Ring Toss

Materials

- Paper Plates
- Cardboard Tubes
- Paint
- Scissors and Glue
- Paint Brushes

Instructions

1. Paint multiple plates different colors and cut out their centers to make "rings"
2. Glue the cardboard tubes on the back of another paper plate, and use it as a ring toss "goal"



Bread in a Bag

This is an easy recipe that doubles as a science experiment. Have fun!

Ingredients :

- 3 C plain flour
- 3 TBSP granulated sugar
- 1.25 oz packet rapid rise yeast
- 1 1/2 tsp salt
- 1 C warm water
- 3 TBSP olive oil

Instructions

1. Open your Ziplock bag and place it in the large bowl.
2. Scoop 1 C flour into the bag with 3 tbsp sugar, the yeast packet, and 1 C of warm water
3. Let the air out of the bag, seal it fully and "mix" by massaging the outside of the bag with your hands.
4. Add 1 C flour to the bag, 1 1/2 tsp of salt, and 3 TBSP of olive oil. Seal the bag and "mix" again.
5. Add the last cup of flour, seal the bag, and "mix" it again.
6. Remove the dough and knead it for 10 minutes on a piece of floured parchment paper. Cover for 30 m with a damp hand towel and let rise.
7. Place in a greased bread pan and bake for 25 minutes at 375 degrees

Resiliency Tip of the Day: Take a Break

When you find yourself getting overwhelmed, your thinking brain may not be able to come back "online" for a while. Give yourself a mental break by choosing an activity that soothes you. Take a few minutes to read a book, nap in your hammock, treat yourself to a selfcare routine, or concentrate on a puzzle. Do whatever distracts you enough to calm your survival brain and bring your thinking brain back "online."