

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 52

## FUN IN THE SUN

### Happy National Sunscreen Day



Did you know that there are two major types of sunscreen to choose from? Each sunscreen has its own way of working and way it should be used.

**Mineral sunscreen** acts as a physical blocker to the sun and sits on top of the skin; it is often white or are visible on the skin's surface. When you use a mineral sunscreen, there is no need to wait before you go play!

Mineral sunscreen protects against both UVA and UVB rays, so it must be applied frequently and liberally; be careful with dangerous sprays or powders!

**Chemical sunscreen** seeps deep into your skin's layers, and it absorbs UV rays to convert them to heat that your body can release. When you use chemical sunscreen, you don't need as much! However, you must wait 20+ minutes before you go in the sun. Chemical sunscreens may not protect against all of the sun's harmful effects, because they require the UV rays to penetrate the skin fully.

No matter which type of sunscreen you prefer, make sure you fully read the label and follow directions. Remember, only lotion-based sunscreens are allowed at camp!

### Character Development: Emotion Management

**Y Chat:** How can you know what other people are feeling?

**Activity:** Draw how you feel today, trade drawings and guess how the other one is feeling. Discuss why it's important to consider others' emotions. Draw all the things that make you happy. Write or discuss what each thing does for your joy.

### 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** Rainbow Jar STEM

#### 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** The Rainbow Game

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

**Activity** Rainbow Skewers

#### 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

## Puffy Rainbow Painting

This is a fun sensory art project that is quick and easy to clean up

### Materials:

- Shaving Cream
- White School Glue
- Food Coloring

### Instructions:

1. Mix equal parts shaving cream and white glue until desired texture is reached.
2. Add food coloring to your mixture. The color will dry darker than it appears when wet!
3. Repeat the process for each desired color, then use the "paint" to paint your own puffy rainbow



## Rainbow Fruit Skewers

The rainbow serves as a symbol of hope for many during this uncertain times. Have fun making a sweet snack to celebrate new beginnings and the colorful things in life

### Ingredients :

- Purple Grapes
- Blueberries
- Green Grapes
- Pineapple
- Orange Slices
- Strawberries
- Bamboo or other kebab skewers

### Instructions

1. Cut the fruit in chunks.
2. Layer onto the skewers in the order of a rainbow (ROYGBV).
3. Enjoy!

## STEM: Rainbow Jar

### Materials

- Tall, clear container
- Liquids of varying densities (honey, light corn syrup, dish soap (blue or green), olive oil, rubbing alcohol, water, food coloring, dropper)
- Small objects of varying densities (quarters, plastic beads, etc).



### Instructions

1. Pour honey into the container, making sure that you don't let it touch the sides.
2. Pour in the light corn syrup, dish soap, and water.
3. Pour a thick layer of olive oil, then use a dropper to pour in colored rubbing alcohol.
4. Ask your child why they think certain liquids "sink" and "float."
5. Try "sinking" various objects like quarters, plastic beads, etc. in the jar. Make predictions about where each item will land.

## Movement: The Rainbow Game

Designate a movement for each color of the rainbow (ex: "red means jump!" "green means crawl!" "blue means ski!" etc.)

Cut out or color numerous pieces of paper for each color of the rainbow. Shuffle the deck and pick out a card. Call out the card you picked, and have children perform each assigned movement.

For added variety, host a rainbow game dance party. Play music and let the children dance freely until you show card and stop the music! Once they successfully complete the movement, begin the music again. If a child misses the movement or performs the wrong movement, they are "out." The child who "wins" gets to hold the deck of cards.

## Resiliency Tip of the Day: Encourage Healthy Risk-Taking

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks.

What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in a school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves