

# OUR BULLETIN

# UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 53

## TRANSITION SMOOTHLY

Ask any teacher or educator what time is most difficult for children, and they will sum it up in one word: transitions. We are sure you have had one too many car rides that can attest similarly to that fact as well!

This year has been full of transitions. We came back from winter break only to leave school again, and by the time we are all getting a “hang” of this virtual learning thing, school is out for the summer.

Here are some ways that you can help your child keep their cool as you transition to summer:

- **Create a “to-do” list**—What are some projects you’ve wanted to get done, but have been too distracted or stressed to accomplish? Employ your family to help you start crossing these tasks off in the months ahead.
- **Keep a Routine**—You have the unique opportunity to stick to a routine that you’ve already started. Try to keep as many similarities to your virtual learning routine, just without the homework assignments!
- **Organize Reading and Appointments**— Just because school is ‘out’ doesn’t mean your child has to stop learning. Teach your children to be students of life and organize or find a local book club for kids. Ask their friend’s parents if their friends would like to join.
- **Consider Summer Camp**—As restrictions are lifted, consider registering your child for a week or two of summer camp. Visit [www.ymcawnc.org/summerdaycamps](http://www.ymcawnc.org/summerdaycamps) to see what the YMCA of WNC has to offer for summer programs.

### Character Development: Emotion Management

**Y Chat:** What is something that makes you mad?

**Activity:** Create a 5 point scale with your child, and ask them “how big” the problem that made them mad was. Encourage your child to start rating their problems on this scale to boost self awareness.

1. “It didn’t bother me at all.”
2. “I could talk myself out of it.”
3. “My heart was starting to speed up so I used my toolbox to relax.”
4. “This was too much; I needed to take a break.”
5. “I couldn’t handle it at all; I flipped my lid.”

## 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** DIY Paper Clips

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

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

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

**Activity** String 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** Balance Beam

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

**Activity** Banana Sushi

### 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

## String Art

### Materials:

- Washable Paint
- String
- Cardstock (or heavy paper that won't ruin with paint)

### Instructions:

1. Cover the string in paint.
2. Lay the string across the paper.
3. Fold the paper.
4. Pull the string out to create different designs!



## Banana Sushi

### Ingredients :

- 1/2 C reduced fat nut butter
- 1/2 C vanilla low fat yogurt
- 1 TBSP orange juice
- 2 ripe bananas, sliced
- 4 flour tortillas
- 2 TBSP honey-crunch wheat germ
- 1/4 tsp ground cinnamon

### Instructions

1. Combine peanut butter and yogurt until smooth. Drizzle juice over bananas; toss gently to coat
2. Spread about 3 TBSP nut butter mixture over each tortilla.
3. Arrange bananas on tortilla, sprinkle wheat germ and cinnamon on top.
4. Roll up into "sushi," cut into pieces, and enjoy!

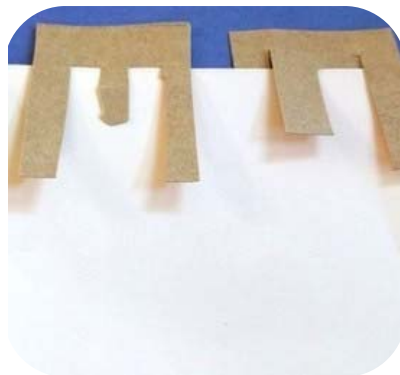
## STEM: DIY Paper Clips

### Materials

- Cardboard
- Old paperclips
- Construction Paper
- Scissors

### Instructions:

1. Challenge your child to make a new type of paper clips.
2. Bend the old paper clips into various shapes or cut cardboard to use as a new clip.
3. Design different paperclips and decide which design works best.



Which design holds the most paper together? Does it bend or crinkle the paper? Is the paper damaged or intact?

## Movement: Balance Beam

All you need for this activity is a piece of tape and a clear space.

Create a simple balance beam by taping the ground and asking your child to try to balance on it.



This is a fun way to walk, jump, tumble, and more while practicing their coordination and small-muscle stability movement.

## Resiliency Tip of the Day: Promote Hope

While optimism is seeing the sunny side of a situation, hope is putting that optimism to work in a productive way.

Ask your children what they look forward to or hope to do this year. Write their goals down, and remember to keep them SMART:

Specific  
Measurable  
Attainable  
Relevant  
Time-Bound

Choose to see the good that can come out of this stressful time, and set deadlines to realize the good you want to see. Your children will thank you.