

OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 55

TOGETHERNESS FOR ALL



Thank you for joining us the last 55 days in our daily newsletter. As we wrap up our virtual school year, we invite you to take time with yourself and your family to debrief the experiences you've had during the COVID-19 pandemic.

Debriefing promotes a sense of togetherness, and it helps you improve. It is an important process to go through after you try something new, like a big project or a job interview. It's also important for families to chat about their experience together after they go through a season of change together.

We encourage you to sit down with your family and ask them what they thought was successful the past few months. What was their favorite part of learning from home? Is there anything they would change? Sit in a big circle and pass a "talking ball" around as a physical reminder of whose turn it is to speak so that everyone gets to share fully without being interrupted.

Take time to celebrate a job well done this school year. Happy Summer!

Character Development: Responsibility

Y Chat: What is a pledge or promise? What things do you pledge to do for yourself, your family, and your community?

Activity: Trace the outline of your hand on a piece of paper. Draw or write the pledge you are making, and discuss what will happen if you don't fulfill that pledge. Post your "pledge" hand on the fridge or in an accessible place where you and your family members can see it.

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

10-11 a.m. Academic Time

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

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

Activity Family Handprint Tree

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 Garden Yoga

3-4 p.m. Cooking Project

Activity One Pan Spaghetti

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

Family Handprint Tree

Materials:

1. Cardstock
2. Paint of various colors

Instructions

Paint a trunk and branches on the cardstock. Add a saying around the border if you wish. Have each family paint their hand in whichever color they'd like, and stamp your handprints to create the leaves of the tree. Display and enjoy!



One Pan Spaghetti

Ingredients :

- 1 medium onion, chopped
- 3 1/2 C water
- 15 oz canned tomato sauce
- 2 tsp dried oregano
- 1/2 tsp sugar
- 1/2 tsp garlic powder
- 1/2 tsp rosemary
- 1/4 tsp pepper
- 2 C broken spaghetti noodles
- 1 C parmesan cheese, shredded

Instructions

- Brown onions in skillet over medium heat
- Stir in water, tomato sauce, and spices and bring to a boil
- Add spaghetti, cover pan, and simmer for 10-15 minutes. Stir often to prevent sticking.
- Top with parmesan cheese

Resiliency Tip of the Day: Fail Forward

Parents want to protect their children, but sometimes there is more to be learned out of failure than success.

Your job as a parent to keep kids unharmed doesn't mean to shield them from every defeat. There is a lot of value in teaching your child the skills they need to problem solve rather than rescuing them every time the going gets tough.

Ask your child what one thing is they want to do but are afraid to. How do they plan on achieving that goal? What about that goal makes them afraid? Work through your fear of failure together in a systematic way.

STEM: Toilet Paper Roll Grossology

Here's a fun way to use all of that toilet paper you stocked up on

Materials

- Toilet Paper Roll
- Dropper
- Water and yellow food coloring (for an A+ in Grossology)
- Pennies

Instructions:

How much liquid can a toilet paper square hold before it becomes completely saturated? Have your children make their guesses and write them down on a sheet of paper. Then take turns adding water to the square and see how many droplets it holds! You can take it a step further and see how many pennies the paper will hold before breaking too.

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.