

OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

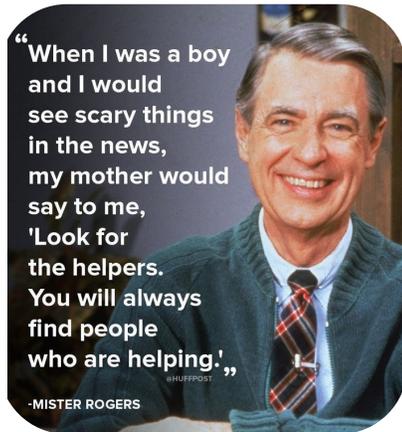
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DAY 6

LOOK FOR THE HELPERS



A useful resiliency tool is to **highlight** the **good** amongst the bad. Let's focus our attention on the stories where people are **helping** people. Our community is **strong**, **caring**, and **resilient**! Do you have any **inspiring** stories to share about **helpers** in your life? Share with me at sapplegate@ymcawnc.org.

Are you following us on Facebook? Check us out at YMCA of WNC Youth Services or click [here](#).

Character Development: Emotion Management

Y Chat: What expression do you have when you're happy? What does it feel like in your body when you are happy and what are some things that make you feel good?

Activity: Emotion Management Bubble

Have everyone think of one emotion that they will pretend to be. When you start to move around the room, convince the nearest emotion to you to take on yours. If they become the same emotion, hold hands and try to convince the rest to be the emotion you both now are. If they can't convince the other emotion to change, move on, take on these emotions and help further explain them as you all begin to come together!

Reflection: Is it difficult or easy to stick with some emotions over others? Do we really have a say over how others feel? What can we do to validate and be there for others when they have strong emotions?

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 Plant Strawberries

10-11 a.m. Academic Time

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

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

Activity DIY Watering Can

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 Sticky Spider Web

3-4 p.m. Cooking Project

Activity Veggie Fried Rice

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

ARTS & CRAFTS: DIY WATERING CAN

MATERIALS

Milk jug, decorating supplies such as permanent markers, ribbon, stickers, etc.



DIRECTIONS:

- Clean out an empty milk jug.
- Get an adult to help make holes in the cap
- Decorate the jug with whatever you have at home. Use permanent markers to draw on it, ribbons to tie around it, get creative!

STEM: PLANTING STRAWBERRIES

Materials: Strawberry plant, small shovel, paper

Now that it's spring time, it's perfect to begin gardening projects! Let's learn how to plant strawberries. First, we need to collect data. Strawberries like at least 8 hours of sunlight. What part of your yard do you hypothesize has that much sun?



Directions: Day 1

1. Select an area for your garden.
2. Place a piece of paper on that area and cover with a rock to keep it from blowing away.
3. Visit the area throughout the day and record the time and if there is sun on the paper. If there is sun on the paper for 8 hours then the spot has enough sunlight for the plant.

Once you know the best location, we are ready to plant on Day 2

1. Dig a hole large enough to fit all of the roots without bending. Use a ruler to measure 20 inches to make the next hole in planting more than one strawberry plant.
2. Carefully remove the strawberry plant from the container and place in the hole.
3. Cover with soil and gently pat around. Water every other day.

Extension:

- Use household materials to design and engineer a structure to protect your strawberry garden from predators. Make sure to allow for plenty of sunlight!
- Paint flat rocks to decorate your garden!

Share: Show off your hard work! Send a picture of you working on your garden to Miss Sam: sapplegate@ymcawnc.org

Movement: Sticky Spider Web

Materials: Painter's tape, household objects

How to Play: Use painter's tape to make a web-like design on a doorway opening (idea via [Hands On As We Grow](#)). Give your kids some newspaper to scrunch up and throw up at the web. Or get creative and use other light-weight objects like balloons. Have them count how many objects stick versus how many don't for extra learning points.



Chinese Fried Rice

Ingredients: (serves 12)

- 4 tsp oil
- 1 cup carrot diced
- 1 Tablespoon garlic minced (2 cloves)
- 1 onion, diced
- 1 bell pepper diced
- 1 cup broccoli, cut into florets
- ½ cup peas
- ½ cup corn
- 6 eggs, beaten
- 6 cups rice, cooked
- 4 Tablespoons soy sauce

Instructions:

1. Cook rice and set aside.
2. In a large skillet, heat oil over high heat and add carrots, onions, and garlic. Cook until onions are translucent.
3. Add pepper and broccoli, cooking 3-4 minutes and stirring frequently.
4. Push vegetables to the edges of skillet, and pour egg in the center. Scramble the eggs until cooked, then mix together with the rest of the veggies.
5. Add peas, corn, cooked rice, and soy sauce to the pan. Stir to combine, add more soy sauce if needed. Cook a 2-3 minutes until the rice is slightly crispy.

Resiliency Tip of the Day

Redirect: When experiencing physical or emotional pain, redirect your attention to places that feel better physically to neutralize the negative feeling. Concentrate on the part of your body that is not painful for 20-30 seconds. Focusing on the good or neutral physical feelings, will help our brains not notice the pain as