

OUR BULLETIN

UN-BORED



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FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 7

TALL SOCK TUESDAY!



Traditions are at the heart of the YMCA. From our 4 Core Values to songs, and awards, we live to bring our students and campers the magic of the Y! One of our favorite traditions that you may not have heard of is Tall Sock Tuesday. Bring a little camp magic to your home and embrace the crazy patterns and with some tall socks. Don't have any unique tall socks? Get creative and decorate a plain pair of socks! Send your best tall sock picture to lguysick@ymcawnc.org and you might be featured on our Facebook page!

Are you following us on Facebook? Check us out at YMCA of WNC Youth Services or click [here](#). We will begin making Facebook Live videos in case you miss our faces!

Character Development: Empathy

Y Chat: When was the last time you were there for a friend and really sensed what they could be feeling? How did you support them once you understood their feelings?

Activity: Think about three things someone in your family does every day. Draw a picture of how they may feel doing these things, whether it's washing the dishes, singing a song, or reading to you. Describe by writing or speaking out loud how you would feel while doing these things.

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 Water Cycle in a Bag

10-11 a.m. Academic Time

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

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

Activity Tin Foil Art

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 Jump Around

3-4 p.m. Cooking Project

Activity Scotch Pancakes

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 AND CRAFTS : TIN FOIL ART

MATERIALS: TIN FOIL, MARKERS, HOT GLUE GUN OR TACKY/REGULAR GLUE, CARBOARD

DIRECTIONS:

- Using either hot glue or regular glue (hot glue dries faster) make a design on your cardboard and let dry. You want it to be raised up and have texture.
- Once dry place your tinfoil over the cardboard and press down so the shape is embossed on the foil.
- Use markers (sharpies work best) to color!



STEM: WATER CYLCE IN A BAG

Materials: zip lock bag, tape, water, measuring cup, blue food coloring, permanent marker

Directions:

1. Use a permanent marker to draw a sun and cloud on the plastic bag.
2. Use a measuring cup to measure 1/4 cup of water.
3. If you have food coloring, add a few drops of blue into the water and mix, seal zip lock tightly.
4. Find a sunny window and tape bag on window.



Check on the bag several times a day to watch the change. The water will warm in the sunlight. When water is heated, it will **evaporate** into vapor, a gas. The bag is sealed, however, so vapor is trapped. When the sun goes down, the water cools and is **condensed** back to liquid. A cloud is condensed liquid! When the water becomes too heavy for the air, it falls as **precipitation**.

Extension: Write the water cycle on the bag and label the bolded key words. Use arrows to show the movement of water. When water falls as precipitation, where does it land? What are names of the different forms of collected water? Can you think of some words we use to describe water falling from the clouds as precipitation?

Share: Show off your hard work! Send a picture of you with your water cycle to Miss Sam: sapplegate@ymcawnc.org. The first to send me a photo will be featured in a newsletter and our FB page!



Scotch Pancakes

Ingredients: (makes about 16 small pancakes)

- 1 ½ cups All Purpose Flour
- 2 ½ tsp Baking Powder
- 1 Egg
- ¾ cup + 1 Tbsp Milk (can use non dairy)
- 1 tsp vegetable oil

Instructions:

1. Gently whisk the flour and baking powder together in a large bowl.
2. Make a well in the center of the flour mixture and crack the egg into it. Pour in half of the milk then whisk the ingredients together.
3. Add the remaining milk and whisk everything together again.
 - a. Tip: the ingredients should be well combined, but the mixture can still have a few lumps.
 - b. The batter should be thick enough that it drips off the spoon rather than runs off the spoon.
4. Heat a large skillet over medium heat and add about 1 tsp of vegetable oil. Make sure the bottom of the pan is completely covered with the oil.
5. Place a heaping tablespoon of batter into the pan. Cook on one side until bubbles start to form on the surface, about 1 ½ minutes, then gently flip over. Cook about 1 more minute on the other side.
6. Repeat with the rest of the batter.
7. Top the Scotch pancakes with fresh fruit, a drizzle of honey, or a thin spread of jam.

Movement: Jump Around

Materials: Chalk

How to Play: Make a giant 4X4 grid with shapes drawn in each box. Just like Simon says someone calls out commands like JUMP TO THE TRIANGLE! Or ONE FOOT HOP TO THE HEART!



Resiliency Tip of the Day

Restore: Feeling shame is very common when dealing with a tough situation. Shame can be a barrier to connection so when supporting someone through a tough time, be sure to show genuine concern, offer understanding, and encourage them to talk about how they feel. Shame grows in secrecy, silence, and judgement.