

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 8

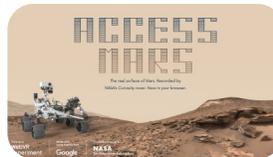
CHOOSE YOUR ADVENTURE

Go on an adventure at home by going on a virtual field trip! Choose your adventure by clicking on the red words below.

[San Diego Zoo](#)— Enjoy videos, live camera footage, fun facts, activities, and games!



[Mars](#)— Access Mars with 360 mode showing the real surface of mars!



[Monterey Bay Aquarium live cams](#)— Watch live action sea otters, jellyfish, sharks, and more!



[The Louvre](#)— Take a trip to Paris, France! Take a tour of Egyptian Antiques, a moat of an old fortress, and an art gallery of times long past.



Character Development: Healthy Relationships

Y Chat: Who is someone that appreciates you for just being you?
How do they show you that they appreciate you?

Activity: Good Friend List

Write a list of what makes someone a good friend to you. What do you like that your friends do and how does it make you feel? On your paper, write down your friends' names. Draw a line from your friends' names to the good traits they exhibit in your friendship. Which traits do you exhibit in the friendship? How can you work on showing more of these traits to your friends?

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 Color Crawlers Science Experiment

10-11 a.m. Academic Time

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

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

Activity Paper Plate Bunnies

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 YMCA 360

3-4 p.m. Cooking Project

Activity Vegetarian Tacos

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 : PAPER PLATE BUNNY

Materials: Paper Plate, glue (hot glue preferably but Elmers is okay), construction paper, pipe cleaners, markers. Optional Materials: Googly eyes, glitter, pom poms, cotton balls

For the nose: Make whiskers by twisting 3 pipe cleaners around each other in the center so they are connected. Then glue to the paper plate. Leave time to let dry as this step will require it to be glued well or the pipe cleaners will fall off.

Once glue is dry from the pipe cleaners, glue on the pompom nose

For the ears: Really all you need to do is cut out some ears from white construction paper and then cut out a smaller inside ear with a different color. We chose pink and yellow.

For the eyes: We used googly eyes and just glued them on but you could also use construction paper or markers and make the eyes yourself.

For the mouth: We simply just drew on the mouth with a black marker.

To make it a mask: Glue a popsicle stick or wooden dowel onto the back of the plate and



STEM: Color Crawlers Science Experiment

Materials: 5 clear containers, paper towels, water, food dye

Directions:

Fill up all five cups with water. Place cups in a straight line. Add primary colored food dye to cups 1, 3, and 5.

Once all your primary colors are added, it is time to set up the towels for the colors to crawl across! To do this you will roll up a paper towel and put one edge into one cup and the other edge in the next cup beside it. Keep adding in paper towels between the cups until you have made a crawling caterpillar.

Leave the jars to sit and watch the colors crawl!



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

Movement: YMCA 360

Materials: Computer and WIFI

Get up and get active together! Visit ymca360.org to choose a workout video to do with the family! Choose between yoga, tai chi, youth sports, or other engaging workout videos.

Shout out to Griffin for trying out the Sticky Spider Web activity! He even got his scissors to stick!

Looks awesome, Griffin!



Vegetarian Tacos with Creamy Avocado Dip

Ingredients: (serves 12)

For the refried beans:

2 tablespoons olive oil
1 large onion, finely chopped
2 cloves garlic, minced
1 tsp chili powder
 $\frac{1}{2}$ tsp cumin
 $\frac{1}{2}$ tsp salt
4 cans pinto beans, rinsed and drained
1 cup water
4 tablespoons chopped cilantro
1 lime, juiced

For the avocado dip:

3 avocados, halved and pitted
 $\frac{3}{4}$ cup fresh cilantro, stems removed
3 limes, juiced
3 tablespoons water
 $\frac{1}{2}$ tsp salt

For the tacos

12 corn tortillas (or 1 tortilla per person)
4 tomatoes, diced
Shredded cheese

Instructions:

- Cook easy refried beans (use pinto beans, onion, garlic, spices, etc)
 - In a skillet over medium heat, warm olive oil then add the chopped onions and a sprinkle of salt. Cook until the onions are translucent (about 5 minutes).
 - Add the minced garlic, chili powder, and cumin. Cook, stir constantly, about 30 sec. Add the drained beans and water. Stir, cover with a lid, and cook for 5 minutes.
 - Reduce the heat to low and remove the lid. Using a potato masher or the back of a fork, mash up at least half of the beans until you reach a mostly smooth consistency. Continue to cook the mixture for 3 minutes, stir often.
 - Remove the beans from the heat and stir in the cilantro and lime juice. Taste, and add more salt if needed.
 - If the mix is too dry, you can add a splash of water and stir to combine.
- Make avocado dip
 - Scoop avocado flesh into a blender. Add the cilantro, lime juice, water, and salt.
 - Blend the mix until it forms a creamy dip. Scrape down the sides of the blender as needed. Transfer to a bowl.
- Chop tomatoes and set aside. Grate cheese and set aside.
- Assemble tacos by adding a scoop of refried beans onto your tortilla and spreading slightly. Add a spoonful of avocado dip onto the beans, then top with a few tomatoes and a sprinkle of cheese.

Resiliency Tip of the Day

Rapid Reset: Bring positive sensory awareness by grounding yourself. Notice gravity. Notice the sensations of support when you sit, stand, lie down, lean on a wall, or walk. Sense in to the pressures on your body as you are supported by the ground, chair, wall, etc. Focus on these sensations to reset your nervous system and practice to teach it to be more resilient during high stress situations.