

OUR BULLETIN

UN-BORED



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Services

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DAY 9

RELATIONSHIP BUILDING



Research demonstrates that when young people experience positive developmental relationships with parents, educators, and youth program staff their outcomes are better, risk behaviors are lower, and they are more likely to be on the path to thrive in life. We should not stop seeking to build these developmental relationships with young people while they are at home during this time. Some examples on how to help foster these conversations and experiences are below.

- Ask your child how they are feeling about the world, themselves, and the future during the crisis. Indicate that you really hear them when they respond and that you care about their feelings.
- Tell young people about a crisis or difficult experience you went through when you were young and share how that crisis or experience shaped who you are today.

Character Development: Personal Development

Personal Development Y Chat

What are three goals you have for this week?

Personal Development Activity

Draw a picture of yourself completed the goals listed in the y chat. Switch pictures with someone if they have done the same and give ways you can help each other attain these goals. (I will clean my room, I will finish all my school work!, etc.)

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 Catapults

10-11 a.m. Academic Time

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

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

Activity Chalk Mosaic

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 Yarn Maze

3-4 p.m. Cooking Project

Activity Cowboy Chili

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

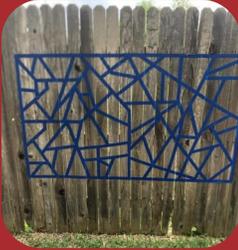
7-8 p.m. Free Time

Activity Kid's Choice

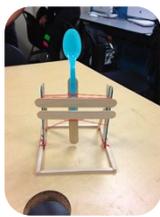
ARTS AND CRAFTS : CHALK MOSIAC

Materials: Chalk, Painters or Masking Tape

Instructions: Use your fence or driveway to tape off a giant mosaic pattern. Then use chalk to fill in. When you finished take the tape off to view your masterpiece!



STEM: DIY Catapults



Materials: (Suggested) Popsicle sticks, rubber bands, marshmallows, spoons,

Directions: The objective of this project is to develop engineering skills. There will be no one way to build your catapult and you can use any supplies around your house or the supplies listed above. Once you believe you have developed a worthy machine test how effective it is by launching marshmallows or something similar. Make small adjustments like where your hinge is or how far you can pull back your launching piece to see if you can make your marshmallow go farther! Submit your design to Miss Laura at lguysick@ymcawnc.org to be featured in our newsletter!

Movement: Laser Maze

Materials: Yarn, String, Streamers, or Toilet paper (if you dare)

Instructions: Use any of the materials suggested above to create a maze in your house. You can tape sections in a hallway or go all out and fill a hole room by wrapping and weaving the string around furniture, handles, and all sorts of objects! You then start on side of the maze and have to make your way through it without touching any of the string.



Cowboy Chili

Ingredients:

For the chili:

- 2 Tbsp olive oil
- 2 onions, chopped
- 2 stalks of celery, chopped
- 1 bell pepper, chopped
- 2 garlic cloves, finely minced
- 2 tsp paprika
- 2 tsp cumin
- 2 Tbsp tomato puree
- 4 cans chopped tomatoes
- 1 ½ cups vegetable stock
- ¾ cup red split lentils
- 2 cans kidney beans

Toppings:

- 2 avocados, diced
- Shredded cheese
- Plain Greek yogurt

Instructions:

1. Heat oil in a large skillet over medium heat. Add the chopped onions, celery, and bell pepper. Cook for 2-3 minutes, stirring occasionally. Add the minced garlic and cook for another 2 minutes.
2. Add the cumin and paprika, and cook for 2 more minutes while stirring.
3. Add the tomato paste, canned tomatoes, and vegetable stock, and bring to a boil.
4. Add the red lentils and reduce the heat to low. Let simmer for 10 minutes, stirring occasionally. Add more stock if the chili becomes too thick.
5. Add the kidney beans, cover the chili, and allow to simmer for 10 more minutes.
6. While the chili is simmering, prepare the toppings. Dice avocados and grate cheese and set aside.
7. Ladle the cooked chili into bowls and top with a spoonful of greek yogurt, a few chunks of avocado, and

Resiliency Tip of the Day:

Co-Regulation vs Self-Regulation

Co-Regulation occurs when you get back into balance with someone you trust. Self-Regulation happens when you get back into balance on your own.

Reminder! Just because you know how to Self-Regulate doesn't mean you shouldn't Co-Regulate!