



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**10-12 Years Old**

**Wednesday**

Hey Tweens!

Ms. Hannah here! I just wanted to let you know that I miss you guys and I can't wait for you all to come back because Ms. Amber P. and I have done some much to the tween room! Make sure you check out our YouTube videos on BGCO at Homs channel.

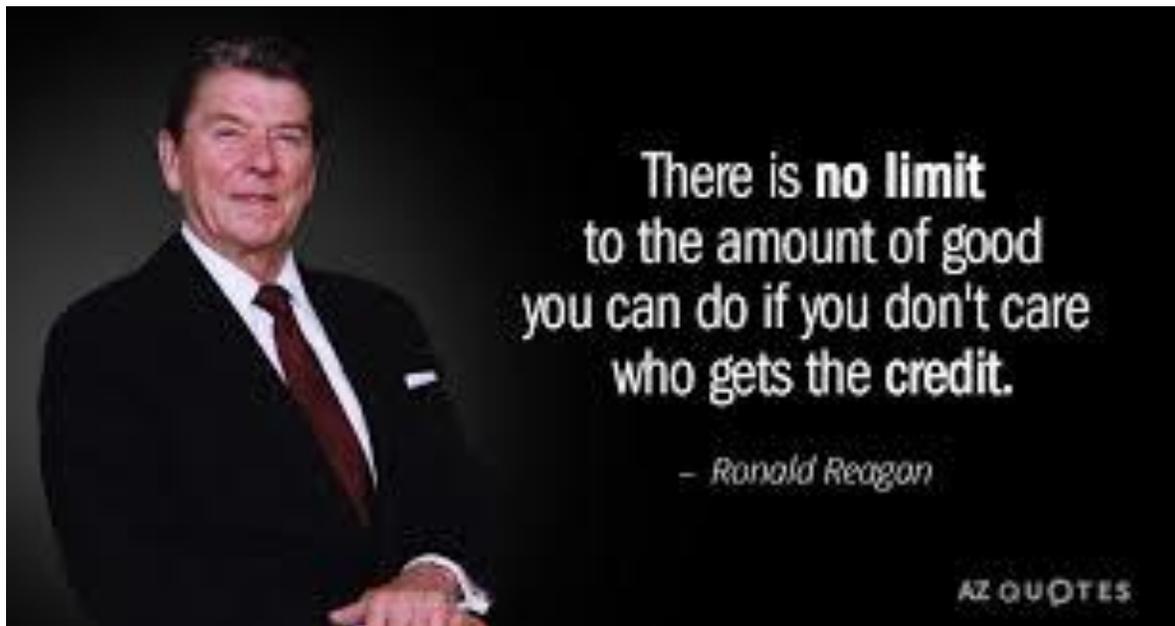
I hope this little vacation is fun for all of you!

Hope to see you soon!

Love,

Ms. Hannah

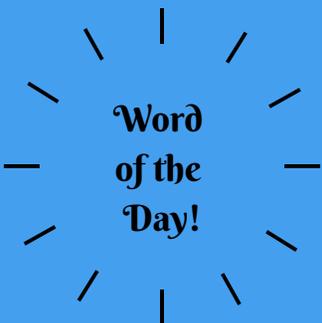
Before you start your activities think of this quote from former president Ronald Reagan:





**BOYS & GIRLS CLUB  
OF THE OZARKS**

# BGCO at Home DAILY SCHEDULE:



Word  
of the  
Day!

*Wholesome*

## FUN FACT OF THE DAY!

The oldest  
human  
recorded is  
122 years old.

**DATE: 04/01/2020**  
**AGE GROUP: 10-12**

**POWER  
HOUR**

**3:00PM**

Comic  
Book

-

**4:00PM**

Continued

**quote**  
of the day!

There is no limit to  
the amount of good  
you can do if you  
don't care who gets  
the credit.

-Ronald  
Reagan

## SAFETY TOPIC OF THE DAY

Trust your gut.  
If you feel  
unsafe, tell  
someone you  
trust.

**TRIPLE  
PLAY**

**4:00PM**

YOGA!

-

**5:00PM**

**TRIPLE  
PLAY**

**5:00PM**

What is  
Health?

-

**6:00PM**



**CHALLENGE**  
of the day



**Learning Challenge:**  
**Learn something new in**  
**Math, Science, or History.**

Please make sure to check out our  
YouTube Channel: BGCO At Home,  
where you can find some FUN, and exciting  
activities or have a laugh!  
Also, follow us on Facebook for activities and  
updates on what is happening at  
Boys & Girls Club of the Ozarks.

# #whateverittakes



**BOYS & GIRLS CLUB  
OF THE OZARKS**

WEDNESDAY

4/1/2020

10-12 years  
old





Hey All, We miss you!!

Yesterday you started your own comic book story. You brainstormed exactly what it would

look like.

Today we want you to go into detail about your

plot and your characters.

- Title:
- Your Character:
- Others Characters:
- Beginning:
  
- Middle:
  
- End:

After you finished tomorrow we will start sketching what our characters will look like and what our story will look like.

TRIPLE PLAY BODY- YOGA

- What is Yoga?

Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

Check out and do some of these Yoga Poses below, before we do yoga along with a professional!

After trying some of these poses, lets now start the video:

<https://www.youtube.com/watch?v=9XBnftTBmAk>

HEALTHY HABITS- What is Health?

- Last time we talked about what makes us happy and what we want in the future.

- Today we are going to think about what we are already doing to be happy and healthy. We are also going to think about the people who help us feel healthy.

Step 1

- What do you think it means to be healthy? Write down some of your thoughts
  - -
  - -
  - -
- Possible answers: not being sick, having energy to play, being strong, not feeling tired. Being healthy is more than just not being sick. It means your body feels good and that you are able to do all the things that make you happy with the people who make you happy.

Step 2

- I want you to draw your body on a piece of paper. If you have a poster board, see if your sibling or parent will trace your body.
- Think of things that you do that make you feel healthy. You should draw these things inside the outline of the body you drew
- For example, eating vegetables, drinking milk, running, jumping rope, stretching, walking, drinking water, spending time with friends, etc.

### Step 3

- Now take 7-10 minutes to draw people and things that help you make good choices about health outside of the outline of the person on the paper.
- ☒ For example, parents, friends, teachers, etc. •

### Step 4- Youth Reflection

- What is your favorite healthy choice that you make?
- –
- What is hard about making healthy choices?
- -
- What might you do differently tomorrow to feel healthier?
- -