



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**10-12 Years Old**

**Thursday**

Hey Club family!

It's Mr. Dameon here, I just wanted to say that Club at the Ozarks has not been the same without you guys. You guys make the experience for the staff every day. Everyone at the Club hopes that you are practicing safety by washing your hands and practicing social distancing. Even if you guys are not with us, your safety is our number one concern. I hope that you guys are enjoy the beautiful weather we have had the last couple of days. I know I have! This weather has been perfect for disc golf and that is what I have been doing for the last couple of days. Remember exercise is important in staying healthy. I have also been able to play video games and paint. Right now, I am working on a Spiderman painting. If you did not know, Spiderman is my favorite superhero. I hope you guys have been able to do some of your favorite hobbies. I cannot wait for us to be together again so that I can hear all of your fun and exciting things that you got to do on your break.

If you can, you should check the Boys & Girls Youtube page at BGCO At Home! We have set up some fun videos for you all and we would love if you would be able to watch and tell all of your friends! We love you guys!

Sincerely,

Mr. Dameon

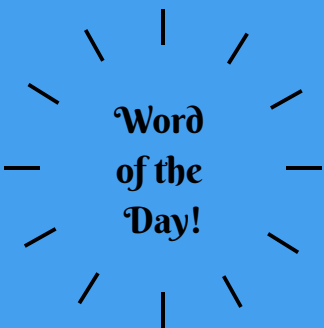
We have some cool activities for you today and we hope you enjoy!





**BOYS & GIRLS CLUB  
OF THE OZARKS**

# BGCO at Home DAILY SCHEDULE:



*Optimistic*

## FUN FACT OF THE DAY!

There are not any muscles in your fingers. They are controlled by muscles in your palms and arms.

**DATE: 04/02/2020**

**AGE GROUP: 10-12**

**POWER  
HOUR**

**3:00PM**

-

**4:00PM**

Comic Book:  
FINALE

**quote**  
of the day!

Life is an exciting business, and most exciting when it is lived for others.  
-Helen Keller

## SAFETY TOPIC OF THE DAY

When swimming, always check the depth of the water before jumping in.

**TORCH  
CLUB**

**4:00PM**

-

**5:00PM**

Where Do  
You Stand?

**BE A  
STAR**

**5:00PM**

-

**6:00PM**

Regulating  
Your  
Emotions



## CHALLENGE of the day



**Be Active Challenge:**

**Go for a walk or see how many push-ups you can do.**

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**

Thursday

4/2/2020

10-12 years

old

Always  
believe  
that  
something  
wonderful  
is about  
to happen.



ROSS

Hey All, one more day till Friday!!

Lets finish off our comic book project today !

So you ha the chance to sketch your comic yesterday. Lets perfect it today!

If you want to be challenged here is a link to a free online comic book creator !

<https://www.storyboardthat.com/storyboard-creator>



## **WHERE DO YOU STAND?**

- What are values? How would you describe values?
- Values are the things that are most important to us. Even if we're not always aware of it, values are what guide our decisions. For example, if your friendship is important to you, you probably will not make a choice that would intentionally hurt or harm a friend.
- Closely related to values is the idea of principles. What are principles?
- A value is a belief about what is most important to us. A principle is a belief about what is right and wrong. These are sometimes the same, but not always. For example, you may value friendships very much, but if a friend wants you to do something that you believe is wrong, will your friendship or values become more important?
- Today you're going to practice solving problems and making decisions based on principles, which are the ideas of what is right and what is wrong.

### **Step 1**

- Below are different scenarios
- Put yourselves in the role of the person making the decision and think about:
  - o Challenge: what is the decision to be made?
  - o Choices: what are all the possible choices?
  - o Consequences: what will happen if you make each choice?

## **Where Do You Stand?**

### **Scenario 1**

Eric is in tenth grade, but also runs his own dog-walking business afterschool. He considers himself an honest and fair businessperson, charging people by the distance he walks. One evening, Eric gets a call from a new customer complaining that she was overcharged for her pet's walk, "There is no way you walked him a mile today, he has too much energy!" What should Eric do?

### **Scenario 2**

Donita is in sixth grade and for two years she has been part of a mentoring program. She is assigned to an adult "Big Sister," and every other Saturday they get together and go see a movie, play laser tag or go out to lunch. Lately, Donita has been wanting to spend more time with her friends on the weekends, and she's missed several meetings with her mentor. The mentor called Donita yesterday to confirm the time and place for meeting this Saturday. Now it's Saturday, Donita doesn't wake up until 10:30 a.m., too late to meet her Big Sister by 11:00, which is when she said she'd meet her. What should Donita do?

### **Scenario 3**

Michele is in seventh grade and lives with her mom, who works hard at two jobs and is not home after school. Michele's best friend is Cara. Both of them are in Mr. Kendrick's science class. He's a pretty good teacher, but he gives lots of homework. He also is very strict about assignments. Students lose half of their grade if an assignment is late. Michele and Cara have worked together on a huge science



project, worth 40 percent of this report card's mark. It's due this afternoon and they're not finished!

Cara comes up with a solution. She says, "Let's skip out and go to your house, finish the assignment, and we'll hand it in tomorrow. Mr. Kendrick never takes attendance anyway. He'll just think we were sick and we won't lose any marks."

What should Michele do?



## Regulating Emotions

- What does it mean to regulate your emotions?”
  - o The act of regulating emotions is the thoughts and actions we use to manage our emotions and to help others manage theirs.”
- Watch this video on managing emotions:  
[https://www.youtube.com/watch?v=qU8qtcQpQmA&index=1&list=PLUTTjQp\\_AE1bAhvfaEoPrCOV2-bfOYsaJ](https://www.youtube.com/watch?v=qU8qtcQpQmA&index=1&list=PLUTTjQp_AE1bAhvfaEoPrCOV2-bfOYsaJ)

### Debrief video

- What did you learn in the video that you didn't know before?
- What skills did you learn from the video?
- In the video, the character was trying to reduce the emotions he was feeling – he wanted to feel less angry so that he didn't do something he would regret. But there are other goals for managing emotions.
- Are there times when youth might like to feel more of a feeling? An example is wanting to feel more excited when you are getting ready to play sports.
- Can you tell me of a time you might want to avoid feeling an emotion? An example is when you don't want to feel nervous about taking a test.
- Whatever the goal of the emotion regulation, there are a lot of different strategies for managing your feelings – the thing is, some work and some don't.

### Helpful and Unhelpful Strategies for Managing Emotions

- Please see the Helpful/Unhelpful Chart Below

## HELPFUL    UNHELPFUL

- I want you to brainstorm all of the unhelpful things you do when you are upset – the kinds of things you look back on and think “I wish I didn’t do that,” or “That didn’t help or made things worse.” For example, yelling at your best friend when she couldn’t come to your house or waiting until the last minute to do your homework because you were feeling stressed.
- Other Examples:
  - o blaming oneself or others, negative self-talk, complaining, yelling or screaming, ignoring a problem, physical aggression.
- Now ask brainstorm and list all of the helpful things you do to manage your feelings when you are upset – the things that work.
- These are the strategies you look back on and say “I like the way I handled myself.”
- For example, calming down before you talk with your friend when you are upset, or saying something encouraging to yourself when you have to do difficult homework.
- Other Examples:

- o taking deep breaths, getting help from a friend or adult, taking some time alone, exercising, doing something constructive and enjoyable.
- Unhelpful strategies are easy, automatic, and require no practice, but are usually not good for you.
- Helpful strategies require work, practice, and are not easy to implement, but they are usually good for you.
- The more you use helpful strategies the more likely they will become your “go-to” strategies when you need them.