



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**10-12 Years Old**

**Friday**

Hey tweens!

This is Ms. Courtney! I hope all is well and you and your families are staying safe! We've been super busy this week re-doing the tween room at Branson for when you guys come back! Also, we have been working hard on making new videos on our BGCO at Home YouTube channel! Remember to keep washing your hands and practice social distancing.

We miss you and can't wait to have you back!

Love always,

Ms. Courtney



**Do anything,  
but let it  
produce joy.**

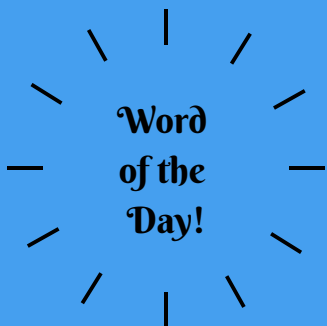
Walt Whitman

EVERYDAY **POWER**



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# BGCO at Home DAILY SCHEDULE:



Word  
of the  
Day!

*Zeal*

## FUN FACT OF THE DAY!

**Otters fall asleep holding each others hand so they do not drift apart.**

**DATE: 04/03/2020**

**AGE GROUP: 10-12**

**POWER HOUR**

**3:00PM**

Comic Book:

-

Finishing

**4:00PM**

Touches

**quote**  
of the day!

**Do anything, but let it produce joy.**  
-Walt Whitman

## SAFETY TOPIC OF THE DAY

Take small bites of your food to prevent choking.

**TRIPLE PLAY**

**4:00PM**

Work it

-

Out

**5:00PM**

**TRIPLE PLAY**

**5:00PM**

Appreciation

-

for

**6:00PM**

Others



**CHALLENGE**  
of the day



**No Negativity Challenge:**  
Take out negative words such as; I can't, I hate this, and this is boring.

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**

Friday

4/2/2020

10-12 years

old

Always  
believe  
that  
something  
wonderful  
is about  
to happen.

quotebites.com



It's FRIDAY EVERYONE!!

Lets finish the comics that we started yesterday!!

If you used the link yesterday here it is again!

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



## Triple Play Body

Today we are going to do workouts that you can do in your room!

Remember that being healthy is very important and any exercise is good for you!

First we are going to start with a little warm up with stretches!

All stretches should be held for 10-15 seconds

- Touch your toes! The goal is to reach down and touch your toes without bending your knees. If you can't touch your toes that is okay. Reach as far as you can!
- Reach your right arm across your body and touch your left hand on your right shoulder blade. Hold for 10-15 seconds
- Do the same thing for the left side
- Lay on the ground and pull your left knee to your chest and hold it.
- Do the same thing for your right side.

Now that we are stretched out lets do

- 50 jumping jacks
- 25 push ups
- 50 Sit ups
- Lunges 15 each leg
- 50 Air Squats

Once you have done that you can start again! Do as many reps as you would like to make it challenging!! Have fun!



## TRIPLE PLAY SOUL

### Appreciation for Others

- Sharing appreciation and gratitude is an important part of our Club community. When we thank others, we recognize them for something great they are doing.
- To keep appreciation and gratitude an important part of our Club & Community, we are going to create a Virtual Appreciation Station. This is a place where you can share your thanks and shout outs for other youth, friends, family and staff at the Club who made your day better.”

#### Step 1

- Let’s start by sharing an appreciation for someone in your life!
- Make a list of people in your life you would like to thank.
- Think of something specific you would like to recognize that person for.
- Follow this model:
  - I would like to thank (NAME)
  - because (WHAT THEY DID).
  - It made me feel (FEELING).
- Now take a few minutes to write an appreciation.

#### Step 2

- After you write the appreciation letter also draw a corresponding picture with it.