



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**10-12 Years Old**

**Wednesday**

Parents/Guardians:

### Boys & Girls Club of the Ozarks: COVID-19 Update

BRANSON – The Boys & Girls Club of the Ozarks (BGCO) is committed to the safety and protection of our members, their families, and Club staff. Club Officials are doing everything possible to keep our Club protected from the spread of COVID-19.

With reports coming in from the Taney County Health Department, Centers for Disease Control and Prevention (CDC), and area Public Schools, BGCO Officials has made the difficult decision to close BGCO Club units beginning at 4:00PM on March 18, 2020. BGCO Club Units include Branson and Forsyth Club Units. The Reeds Spring Unit – operating out of the school district, has already closed. BGCO Club Units will remain closed until April 6, 2020 in conjunction with area schools unless circumstances should change. We will continue to monitor the situation closely.

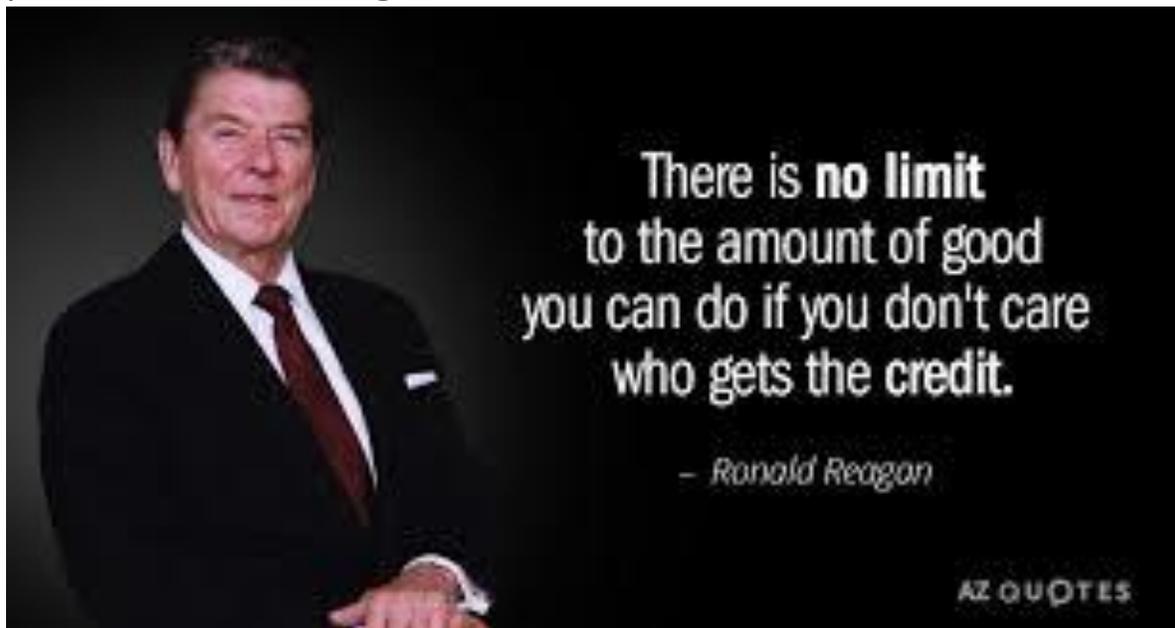
While we are face-to-face with lots of uncertainty and evolving information regarding COVID-19 (Coronavirus), one thing remains the same, Our Mission – to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

“Our number one priority is the safety of our children and staff,” said Stoney Hays, CEO. “We did not make this decision lightly as we know that our members and their families are continuing to navigate life, some without employment, many without basic resources, and we are concerned for the well-being of our kids, their families, and our community. We will continue to investigate and offer resources for our members throughout this ordeal.”

The Boys & Girls Club of the Ozarks is committed to meet the needs of our members resulting from a potential prolonged school closure. We are investigating ways to assist Club members and families with services during our closure to include: Virtual Club Programming, Curbside Healthy Meals, and Age Appropriate High-Yield Learning Packets, to name a few. More information regarding these additional services for our members will soon follow.

Club Officials will continue to closely monitor reports from the Taney County Health Department and the CDC and we will continue to update our members and the community at-large with any new information that will affect service to members.

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



# 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?
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- What is hard about making healthy choices?
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- What might you do differently tomorrow to feel healthier?
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