



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

10-12 Years Old

Monday

Hey guys!

It's been awhile and we miss you! I hope you're enjoying some time off and having fun while you're at home. I have been spending time with my family and enjoying our new home. My son, Ezra, seems to grow more and more every day. There's always new things he's learning and doing and it's so much fun to see.

I really miss seeing all of your smiling faces and spending time with you. I want to remind you to let your unique awesomeness and positive energy inspire confidence in others. You are important. You matter and we can get through this together.

See you soon!

Mr. Jon

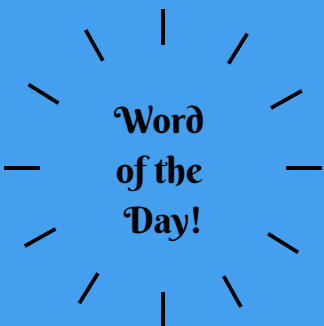


“Its not how you start a season that matters, it's how you finish.”



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO at Home DAILY SCHEDULE:



Word
of the
Day!

Attitude

FUN FACT OF THE DAY!

Your body length
is the same as
your arms
stretched out
horizontally.

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

**POWER
HOUR**

3:00PM
-
4:00PM

Picture
Prompt

quote
of the day!

**It's not how you
start a season that
matters, it's how
you finish.**

**-Michael
Phelps**

SAFETY TOPIC OF THE DAY

Don't look at
any electronic
devices at least
an hour before
bed.

**TRIPLE
PLAY**

4:00PM
-
5:00PM

Base Hit
Derby

**BE A
STAR**

5:00PM
-
6:00PM

Reading
Emotions
in Faces



CHALLENGE of the day



**Try to sketch a picture of
where you live**

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

4/10/2020

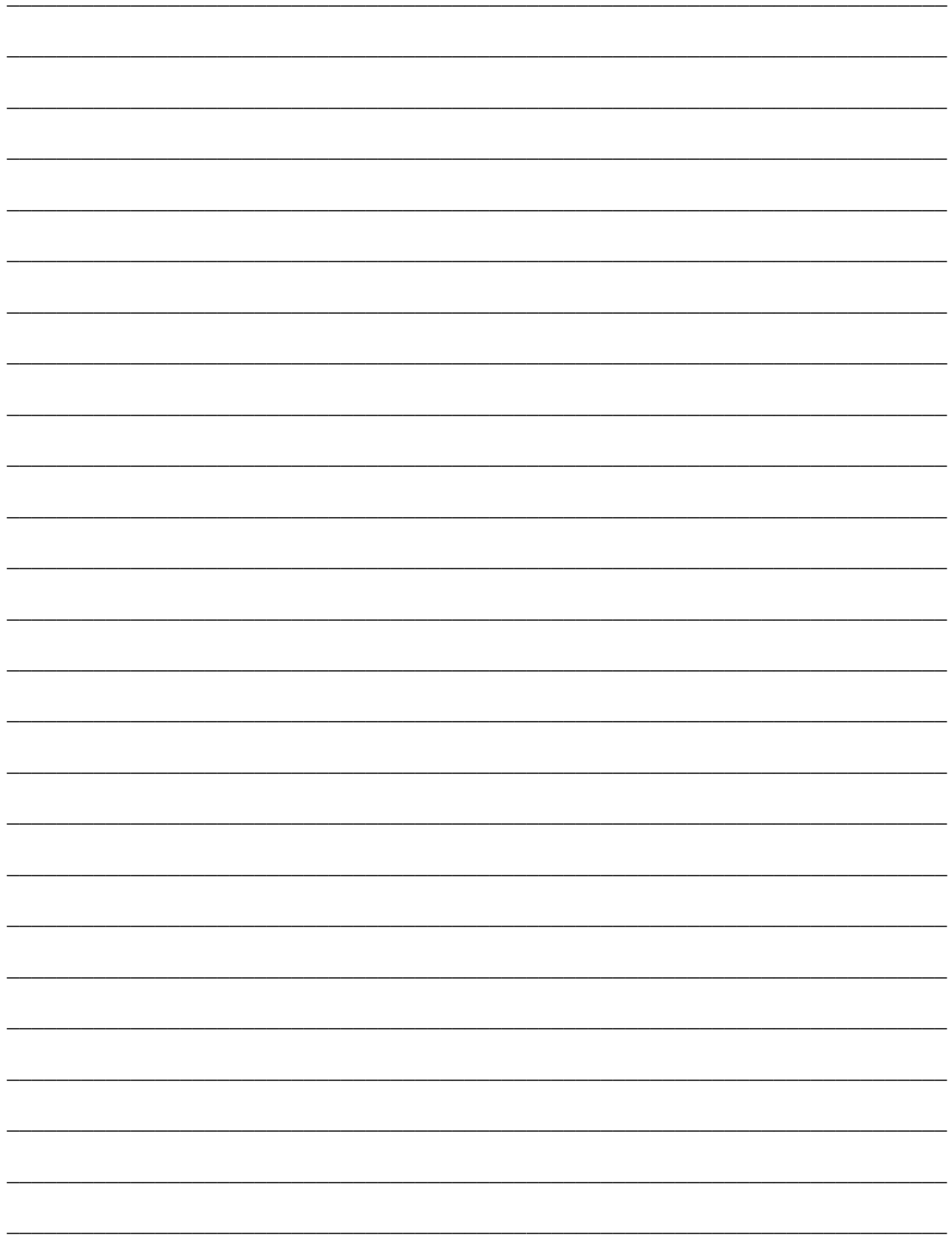
10-12 years
old





Write a story to go along with the picture!







Triple Play Body

BASE HIT DERBY

- Today we are going to play baseball with a twist! Instead of scoring runs by running around the bases, you are going to score runs by hitting the ball past the markers for a certain amount of points.
- This is best played outside, but it can totally be played inside as well!
- What is needed:
 - A bat (or broom stick for inside)
 - A whiffle ball (or ball up a few socks for inside)
 - Cones

Step 1

- Create markers in your field with the cones. An infield, outfield, and homerun.
 - How many points do you think you should get for hitting the ball past the infield line? What about all the way to the homerun line? Remember, you have to do the math to add up your team's points.
 - If you are inside, you could make in front of the couch the infield, behind the couch the out field and then get creative for the homerun line!

Step 2

- Designate a pitchers mound and home plate.
 - The pitcher throws 10 hittable pitches.
 - The batter keeps track of his points and after 10 pitches you switch!

Be A Star – Reading emotions in faces
We are going to show you a video describing how to recognize facial expressions for several emotions:
<https://www.youtube.com/watch?v=B0ouAnmsO1Y>



Use these cards to cut out, or make your own, and play a game of emotion charades with your family. Split into two teams and keep track of the points. Every time someone on the team guesses an emotion correctly equals one point. For each turn the person going only has 20 seconds to pick a card and try to act out the emotion for their team.

FEAR	SURPRISE
SADNESS	DISGUST
ANGER	CONTEMPT
HAPPINESS	FRUSTRATION

What are some things you noticed about how your family expresses their emotions compared to yourself?

Did you learn anything new about a family member?

Did this game change how you will express your emotions in the future?