



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

10-12 Years Old

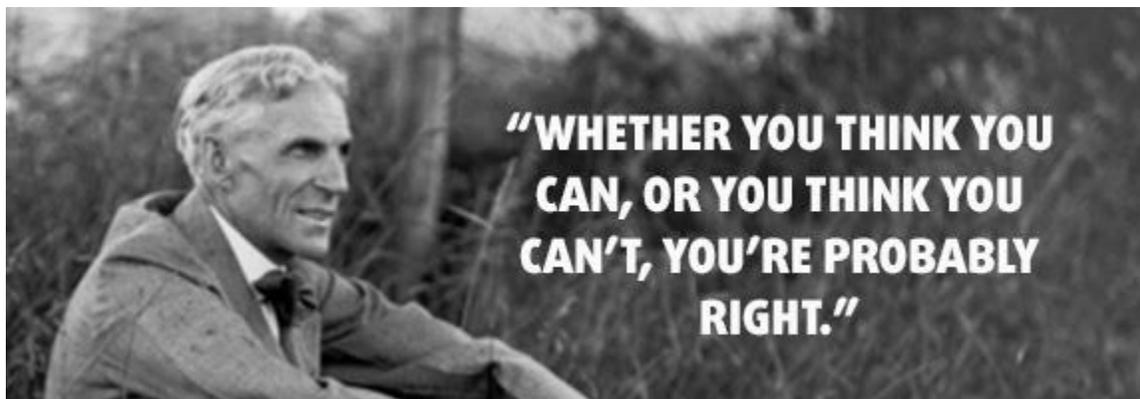
Thursday

Hey Boys and Girls,

This is day 9 without you here and the staff miss you a ton and can't wait for your return. But don't worry we are preparing the club for your return making sure it's clean and safe for you. I'm sure your parents are ready for you to come back as well but your safety and health is the most important to us all. We have been painting and cleaning, and organizing. We have also done some rearranging. We hope you're having fun with your family and your pets and getting plenty of video game time in as well as movies and reading. Oh ya and we can't forget about the artists. We cannot wait to see the things you have drawn, and hear about your time off. Well we cannot wait to see you again.

Miss you guys,

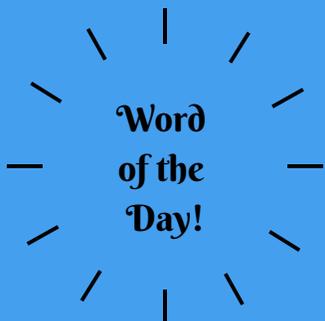
Mr.Jo





**BOYS & GIRLS CLUB
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BGCO at Home DAILY SCHEDULE:



Synonym

FUN FACT OF THE DAY!

Your left ear can hear music better and your right ear hears voices better.

**DATE: 04/09/2020
AGE GROUP: 10-12**

POWER HOUR

**3:00PM
-
4:00PM**

Story Time
Continued

quote of the day!

Whether you think you can, or you think you can't, you're probably right.

-Henry Ford

SAFETY TOPIC OF THE DAY

Always bring a water bottle when outside for a long time.

TRIPLE PLAY

**4:00PM
-
5:00PM**

Yogi's Flow

TRIPLE PLAY

**5:00PM
-
6:00PM**

Sugar
Bowl

CHALLENGE of the day

Make a list of 20 things you enjoy

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

4/9/2020

10-12 years

old



ROSS

Story Time!

Today we are going to finish the short story we started yesterday

We talked about what the planet looked like, so now lets talk about what is on the planet!

Next write about what you see! Do you see water? Do you see mountains? What color is everything? Remember this is your story and there are no right or wrongs to it! Be creative and when you're done you can send what you did to Mr.

Patrick at pstewart@bgcozarks.org



Yogi's Flow

Today we are going to learn popular yoga moves. Yoga is not about landing the perfect move or bend, it's about focusing on your breathing, doing what's best for how you feel in the moment and having fun! You can do this while listening to relaxing music.

Try to hold the poses for at least 2 minutes!

Here is a list and picture of yoga poses that you can do:

The Table Pose:



Downward Facing Dog Pose:



Cat-Cow Pose:



Mountain Pose:



Child's Pose:



Warrior 1 Pose:



Warrior 2 Pose:



Cobra Pose:



Reflection:

How do you feel after doing these poses?

Do you feel more relaxed than before you started?

Were you able to focus on your breathing?

Did you enjoy the yoga poses that you did?

Which one was the hardest for you?

Which one was the easiest for you?



HEALTHY HABITS- Selecting the Healthiest Drink!

Sugar Bowl

Today we are going to learn how much sugar is in different types of drinks that you see everyday!

First, please list out your 5 favorite things to drink:

- 1.
- 2.
- 3.
- 4.
- 5.

Check out this site to see how much sugar is in each drink:

<http://www.rethinksugarydrink.org.au/how-much-sugar>



Which drink surprised you about the amount of sugar it had?

What did you realize about your drink choices that you make everyday?

Will you change what you drink tomorrow, based on what you learned today?