



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Friday

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 Sugar Ray Leonard:



Friday

3/27/2020

6-9 years old





Hey All, it's Friday!!

Today we are going to take a virtual field trip to the San Diego Zoo, there are lots of fun animals to see, including Elephants and Koalas!!

When you are done taking your tour, draw your favorite animal you observed. Then write out their habitat, what they eat, and 3 fun facts about the animal you chose!

Check out the link below and enjoy your trip!

<https://zoo.sandiegozoo.org/live-cams>



Move it

Today we are going to get active by starting out with a good stretch video and then getting our heart rate up by dancing to the rhythm!

Stretch video: <https://family.gonoodle.com/activities/wake-up>

Dance Video: <https://www.youtube.com/watch?v=FP0wgVhUC9w>

Getting just 20 minutes of exercise a day is great for getting a healthy body, heart and mind!

Here is a workout challenge, try to complete the set of workouts as many times as you can in 20 minutes.

- 50 Jumping Jacks
- 30 Sit Ups
- 25 High Knees
- 20 Push Ups
- 15 Squats



Fine Arts

Water Color Activity: <https://www.kitchentableclassroom.com/abstract-painting-for-kids/>

What you need: markers, plastic bag, water, and paper. Click the link for instructions or see instructions below.

Step 1: get flat piece of either a zip lock or plastic baggie

Step 2: scribble on a piece of plastic with washable markers

Step 3: wet a piece of white paper

Step 4: while the paper is still wet, turn the colored zip lock over onto the paper so that the side with the marker is face down on the paper.

Step 5: watch the colors move around and use your fingers to move the colors around by having your hand on top of the zip lock.

Step 6: wait for your painting to dry off just a little and then take the zip lock off and admire your work!

What is Abstract Art?

An abstract painting references something from reality. An abstract painting might be unrecognizable in subject to the viewer but the artist was inspired by something in real life.