



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Monday

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 club Alumni Jennifer Lopez:



MONDAY

3/30/2020

6-9 years old





Hey All, it's Monday!

Today we are going to get our minds and bodies to **WAKE UP!**

Let's start with breakfast and morning mindfulness. Start your day by watching this **morning uplift**

video...<https://www.youtube.com/watch?v=kpxXFxSNCF8>

Now for some **morning mindfulness...**

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Now let's finish the morning with some **YOGA!**

Grab your siblings or your parents if possible for some family Yoga!

<https://www.youtube.com/watch?v=SqqkY-HGt6M>

After finishing this morning routine you should feel well stretched and ready to face the day!



Today we are going to learn about online safety !

Head over to this link to start!

<https://myfuture.net/programs/Digital-Literacy/Online-Safety/Online-Safety-Basics>

What are all the ways you can think of to stay safe online? Come up with a list and write down your answers:

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

STEP 2

Digital Bytes

The Digital Compass game is located at

<https://www.digitalcompass.org>.

Click on that link to go to that site and play. As you move through the game, think about the decisions you are making, and what happens to your character. Be ready to talk about the character you chose, the decisions you made and what happened as a result.

STEP 3:

Discussion

OK, so your Digital Compass character may have been embarrassed, had their identity stolen or their password hacked. What can you learn from this? Look back at the list you created earlier in the session. What else might you add, or what would you change? What can you do to improve your online behavior today?



SOARING

What animal has hollow bones, lays eggs, can be as small as two inches or as big as nine feet and is thought to be related to dinosaurs?

Answer:



BIRDS !!!!!!!!

- Birds have hollow bones, which help them fly.
- Birds have feathers and wings, lay eggs, and are warm blooded.
- Scientists believe that birds evolved from theropod dinosaurs.
- The ostrich is the largest bird in the world. It can grow up to 9 feet tall! It also lays the largest eggs and has the fastest maximum running speed of 45MPH.
- The bee hummingbird is the smallest bird with a length of just two inches.
- Hummingbirds can fly backwards.
- The Arctic tern migrates almost 50,000 miles a year as it flies roundtrip from the Arctic to the Antarctic. What a lucky bird. It has summer twice a year!
- Homing pigeons are bred to find their way home from long distances and have been used

Check out video about how fast an ostrich can run:

<https://www.youtube.com/watch?v=1r-b8uY7C9E>

The following features enable birds to fly:

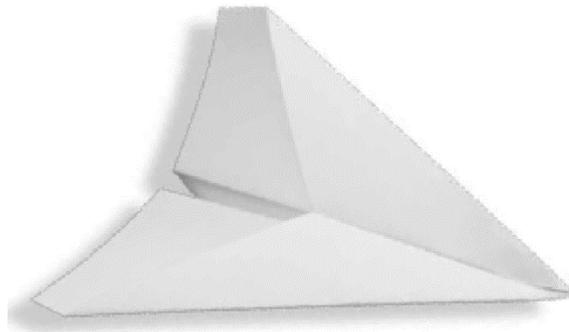
- **Streamlined body:** Helps reduce the force of drag

- **Wings:** Enable the force of lift
- **Lightweight, smooth feathers:** Reduces drag
- **Light, strong bones:** Hollow bones with thin, tiny cross pieces to make strong birds

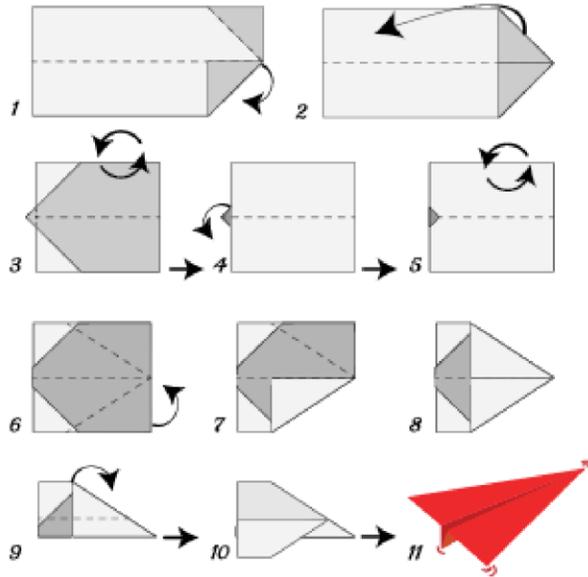
People have always been fascinated by birds because they can fly and how birds inspired the first flying machines.

Activity:

Using the materials around your house, design and create paper airplanes. Once your paper airplanes are made, you are going to test them to see which fly the farthest and which stay up the longest.



Once your paper airplanes are made, find an open space, indoors or outdoors, where you can take turns flying the planes. For each plane, try and measure to determine the distance traveled and use a timer to determine how long it stays in flight.



Use the chart below to record your findings:

Test Number	How Far did it Travel?	How long did it stay in flight?	Notes and Observations
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Reflection

Use the following questions to help analyze the results of the experiment:

- What shapes and designs worked the best? Why?
- How do the paper airplanes you designed compare to the shape of actual birds?
- How would you change your designs next time?