



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**Ages 6-9**

**Wednesday**

Hey BGC Family!

This is Mr. Jeremy from the Forsyth Unit. I wanted to let you all know that I miss you like CRAZY! You all are the coolest kids ever. I catch myself humming the Hey-Burrito Song and thinking of you guys at least twice a day...

I hope that this letter finds you happy, healthy, witty and wise. It can be challenging to stay positive when the world goes topsy-turvy and nothing seems normal. But be encouraged! Even though things are a little wonky right now the sun keeps coming out and the birds are still singing. Every time you hear them remember that this wild time is only a season and soon we will all be back at the club throwing dodge balls, building robots, coloring pictures, and spending time with our friends.

Until then, enjoy your time of rest with this premature summer and remember you can still connect with us here at the Boys and Girls Club! We are on Facebook and Youtube as well, check out our channel at "BGCO at Home". We are posting LOTS of fun videos, some are hilarious, some are really interesting and then there are those that are BOTH! Not to mention you can see some friendly faces as our staff do their best to brighten your day 😊

Remember, you matter. You were created with precision, designed with a purpose and if you choose to make good choices, you will be successful. Go make good choices!

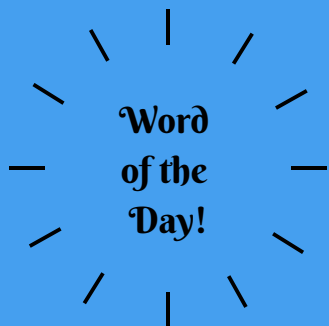
Sincerely,

Mr. Jeremy



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# BGCO at Home DAILY SCHEDULE:



## FUN FACT OF THE DAY!

**An ostrich's  
eye is bigger  
than its brain.**

*Strive*

**DATE: 04/01/2020**

**AGE GROUP: 6-9**

**POWER  
HOUR**

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

Comic Book  
Challenge:  
Part 2

**quote**  
of the day!

Have  
the courage to follow  
your heart and intuition,  
they somehow know what  
you truly want to become.  
- Steve Jobs

## SAFETY TOPIC OF THE DAY



**TRIPLE  
PLAY**

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

YOGA

**TRIPLE  
PLAY**

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

What is  
Health?



## CHALLENGE of the day



**Surprise someone in your family  
by doing something nice for  
them.**

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

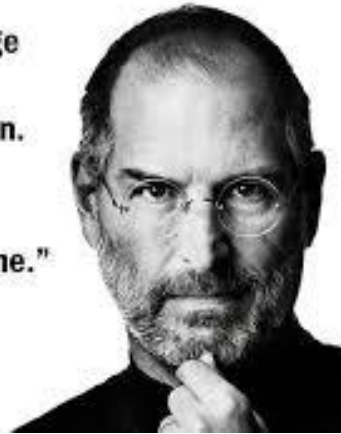


**BOYS & GIRLS CLUB  
OF THE OZARKS**

Before you start your activities think of this quote from Steve Jobs:

**“Have the courage  
to follow your  
heart and intuition.  
They somehow  
know what you  
truly want to become.”**

**- Steve Jobs**



# WEDNESDAY

# 04/01/2020

# 6-9 years old



Hey All, it is ALMOST Friday!

HELP US!

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 P L A Y**  
game plan for the body

### **TRIPLE PLAY BODY- YOGA**

- What is Yoga?
  - o 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!

# SUPERHERO YOGA



**I am brave.**

**WARRIOR 1 POSE**



**I am strong.**

**WARRIOR 2 POSE**



**I am peaceful.**

**PEACFUL WARRIOR POSE**



**I am kind.**

**WARRIOR 3 POSE**



**I am a superhero!**

**HALF MOON POSE**

© Kids Yoga Stories.

After trying some of these poses, lets now start he video:

<https://www.youtube.com/watch?v=X655B4ISakg>





## 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

- o 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.

- o 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
- o What is your favorite healthy choice that you make?
- –
- o What is hard about making healthy choices?
- -
- o What might you do differently tomorrow to feel healthier?