



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Thursday

Hey Club family!

It's Mr. Dameon here, I just wanted to say that Club at the Ozarks has not been the same without you guys. You guys make the experience for the staff every day. Everyone at the Club hopes that you are practicing safety by washing your hands and practicing social distancing. Even if you guys are not with us, your safety is our number one concern. I hope that you guys are enjoy the beautiful weather we have had the last couple of days. I know I have! This weather has been perfect for disc golf and that is what I have been doing for the last couple of days. Remember exercise is important in staying healthy. I have also been able to play video games and paint. Right now, I am working on a Spiderman painting. If you did not know, Spiderman is my favorite superhero. I hope you guys have been able to do some of your favorite hobbies. I cannot wait for us to be together again so that I can hear all of your fun and exciting things that you got to do on your break.

If you can, you should check the Boys & Girls Youtube page at BGCO At Home! We have set up some fun videos for you all and we would love if you would be able to watch and tell all of your friends! We love you guys!

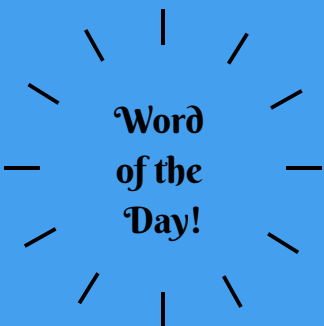
Sincerely,

Mr. Dameon



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO at Home DAILY SCHEDULE:



Word
of the
Day!

Perseverance

FUN FACT OF THE DAY!

It is impossible
for most
people to lick
their own
elbow.

DATE: 04/02/2020

AGE GROUP: 6-9

**POWER
HOUR**

3:00PM
-
4:00PM

Comic Book
Story

quote ”
of the day!

The journey of a
thousand miles
begins with a single
step.

- Lao Tzu

SAFETY TOPIC OF THE DAY

Always look
both ways
before
crossing the
street.

**TRIPLE
PLAY**

4:00PM
-
5:00PM

Appreciation
for
Others

**SMART
KIDS**

5:00PM
-
6:00PM

Ways We
Take Care
of Ourselves



CHALLENGE
of the day



**Listen to positive music
all day.**

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 Lao Tzu:



Thursday

4/2/2020

6-9 years old



COMIC BOOK STORY

Hey All! You should have brainstormed your story and coming up with your plot and characters. Today we want you to start sketching your characters and sketching how your story will go. Attached in the google drive is a comic book story template with blank pages to help you sketch

your story!



TRIPLE PLAY SOUL

Appreciation for Others

- Sharing appreciation and gratitude is an important part of our Club community. When we thank others, we recognize them for something great they are doing.
- To keep appreciation and gratitude an important part of our Club & Community, we are going to create a Virtual Appreciation Station. This is a place where you can share your thanks and shout outs for other youth, friends, family and staff at the Club who made your day better.”

Step 1

- Let's start by sharing an appreciation for someone in your life!
- Make a list of people in your life you would like to thank.
- Think of something specific you would like to recognize that person for.
 - Follow this model:
 - I would like to thank (NAME)
 - because (WHAT THEY DID).
 - It made me feel (FEELING).
- Now take a few minutes to write an appreciation.

Step 2

- After you write the appreciation letter also draw a corresponding picture with it.
- When you are finished either take a picture of your letter or type it up and send it to Will at wiannuzzi@bgcnr.org or upload it into the google drive.



Smart Kids

Warm-up

- **I have a question for all of you guys**
- **What are some of the ways I take care of my body?**
You can either write or draw your responses.
- **Here are some reasons why you should take care of your**
body:
 - **This is the only body we get and we have to make it**
last a long time.
 - **We are all special and our bodies are the “houses” we**
live in.
 - **As we get older, we are the ones responsible for**
taking care of our bodies.
- **There are four categories that describe the different ways**
we can take care of ourselves

- nutritious eating
 - fitness
 - hygiene
 - safety

Main Activity

- We are going to create collages about the four ways we take care of ourselves:
 - Search magazines and cut out pictures of the following or create a google slide or doc with pictures of the following:
 - Nutritious foods
 - Fitness activities
 - Good hygiene or grooming practices
 - Safety habits
 - Also search for photos that depict the opposite ideas and put them on the opposite side of the healthy ideas collage:
 - non-nutritious foods
 - bad habits
 - laziness
 - sloppy grooming.
 - When you are finished take a couple of minutes to write down why you chose the pictures for each collage.