



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Wednesday

Hey Club Family,

We miss you sooo much! I hope you guys are doing well!! What's new with y'all? I played against Miss Peyton in some pretty intense games of air hockey. Let's just say that the better man won. Peyton won and I'm just a little bummed, but I congratulated her anyway. I cannot wait for you all to come back to the Club. It's a little boring without you guys! See you later, and always practice good sportsmanship.

- Mr. Shawn

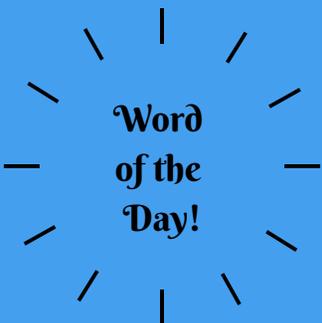
Before you start your activities think of this quote from Emma Watson:





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BGCO at Home DAILY SCHEDULE:



FUN FACT OF THE DAY!

The average life-span of a sofa is 2,958 days. That's roughly 8 years.

DATE: 04/08/2020

AGE GROUP: 6-9

Recreation

**POWER
HOUR**

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

Jelly Fish
Craft

quote of the day!

It's not the absence of fear. It's overcoming it.

-Emma
Watson

SAFETY TOPIC OF THE DAY

When seeking help, always go to a trusted adult like a teacher or police officer.

**TRIPLE
PLAY**

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

Where are
you now?

**TRIPLE
PLAY**

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

Sugar
Bowl



CHALLENGE of the day



Learn the cup song

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**

Wednesday

04/08/2020

6-9 years old





Hey All,

Today we are going to make jelly fish out of paper and string!



You can use a paper plate or a piece of paper, some string or yarn, or even ribbon (you can even use paper if you do not have access to string)

Step 1 – cut paper plate in half, or piece of paper in the shape of a half circle

Step 2 – color your jellyfish in your favorite colors! Don't forget to draw some eyes and a mouth for your jellyfish

Step 3 – cut out paper or string in long strands to create the bottom of the jellyfish

Step 4 – attach the string or paper to the bottom of your half circle shape

Step 5 – enjoy your finished project!



TRIPLE PLAY BODY- Where are you now? Where are you going?

Today we are going to be practicing your athletic skills!

- Running: set up some items in a zigzag pattern at home that will stand in as cones, then run as fast as you can through them 6 times.
- Jumping: set a rock down for your starting point and see how far you can jump, using another rock to mark how far you go.
- Throwing: set a place to stand and throw a ball as far as you can into a safe area where you won't hit anything or anyone. Mark how far you can throw with another ball, then try to beat your record.
- Kicking: in a safe area where you won't hit anyone or anything, try seeing how far you can kick a ball, then try and beat your record.

What skill do you think you are best at?

Which skill do you think you did not do so well?

Which skill do you want to get better at?
What are some ways you can improve these skills?



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?