



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**Ages 6-9**

**Thursday**

Hi Guys,

This is Miss Rhonda, I wanted to say Hello, and take a minute to let you know what I have been doing in the learning Lab this week.

With the help of Miss Lacey, we have organized the room, all of the games are put together, and we now have bins and shelves for the Lego's. I moved the wooden bookshelves out and now have a new sitting area where you can read or just relax. This week has been lonely without all of you here, I am looking forward to playing games and doing crafts with all of you.

I hope you are having a well needed rest, and are enjoying being home. Again, I miss you all and can't wait to see you again.

-Miss Rhonda

Before you start your activities think of this quote from Winnie the Pooh:

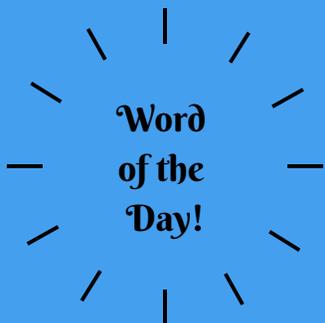
WE DIDN'T REALISE WE WERE  
MAKING MEMORIES, WE JUST KNEW  
WE WERE HAVING FUN





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# BGCO at Home DAILY SCHEDULE:



*Honor*

## FUN FACT OF THE DAY!

In Switzerland it is illegal to own just one guinea pig.

**DATE: 04/09/2020**

**AGE GROUP: 6-9**

**POWER HOUR**

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

Let's Get Active

## quote of the day!

*"We didn't realize we were making memories, we just knew we were having fun."*

*-Winnie the Pooh*

## SAFETY TOPIC OF THE DAY

Stay away from windows during a storm.

**BE A STAR**

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

Reading Emotions in Faces

**TRIPLE PLAY**

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

Identifying Emotional Cues

## CHALLENGE of the day

**Create a scavenger hunt for your family.**

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**

Thursday  
04/09/2020  
6-9 years old



Hey All,

Let's get active today and do a workout!

Below is a list of workouts and a number of how many to do. Do the list of workouts for as many times as you can for the duration of 10 minutes!

30 Jumping Jacks

25 Jump Squats

20 Mountain Climbers

15 Lunges

10 Push Ups

5 Burpees



**Be A Star – Reading emotions in faces**

We are going to show you a video describing how to recognize facial expressions for several emotions: <https://www.youtube.com/watch?v=B0ouAnmsO1Y>

Use these cards to cut out, or make your own, and play a game of emotion charades with your family. Split into two teams and keep track of the points. Every time someone on the team guesses an emotion correctly equals one point. For each turn the person going only has 20 seconds to pick a card and try to act out the emotion for their team.

<b>FEAR</b>	<b>SURPRISE</b>
<b>SADNESS</b>	<b>DISGUST</b>
<b>ANGER</b>	<b>CONTEMPT</b>
<b>HAPPINESS</b>	<b>FRUSTRATION</b>

**What are some things you noticed about how your family expresses their emotions compared to yourself?**

**Did you learn anything new about a family member?**

**Did this game change how you will express your emotions in the future?**



## **HEALTHY HABITS- Identifying Emotional Cues**

### **My Five Senses**

**Today we are going to explore the five senses and how our senses sometimes effect the decisions we make about food.**

**What are the five senses?**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

**What are some ways our body tells us when we are hungry?**

- 1.**
- 2.**
- 3.**

**What does it feel like when we are satisfied or full?**

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**On a piece of paper, draw your face and choose what parts of your face help tell you when you are hungry and when you want to eat.**

**When does our sense of seeing tell us we are hungry?**

- 

**When does our sense of smell tell us we are hungry?**

- 

**When does our sense of tasting tell us we are hungry?**

- 

**When does our sense of feeling tell us we are hungry?**

- 

**When does our sense of hearing tell us we are hungry?**

- 

**Sometimes we eat because of our emotions or our senses, and sometimes we eat because we are getting cues from our body that it needs more energy.**

**What are some things you realized about your senses today?**

**What did you learn about how your senses impact how you eat?**

**What is one thing you will do differently when you notice that your senses are making you hungry?**