



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**10-12 Years Old**

**Monday**

Hey kids!

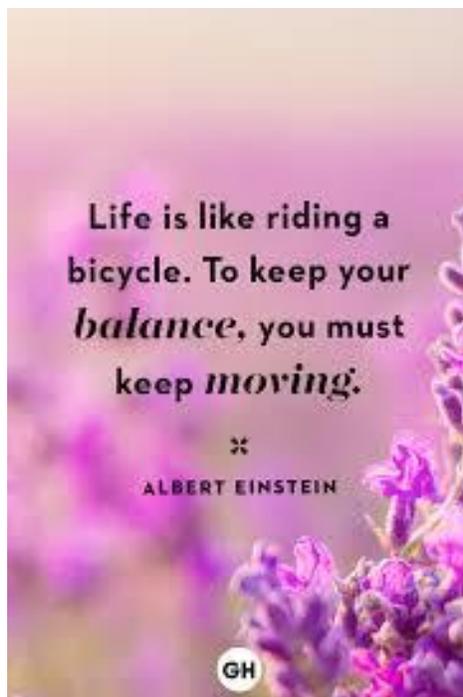
It's been a while since we last spoke, but I just wanted to let you know that all the staff and I miss you terribly. For me, the days feel like they're all starting to blend together. It actually feels like that movie Groundhog Day where you get up and do the same thing over and over again. You guys are definitely the secret ingredient that keeps this place exciting and fun! As for me, I've been trying to keep my life as exciting and busy while you guys have been gone. Here are a few things I've crossed off the old list

1. I did 5 sit-ups IN ONE DAY
2. Ate a kiwi
3. Cried at the end of the movie Onward
4. Stepped outside (Twice)
5. Put a band aid on my pinky toe after I stubbed it.

As you can see life is pretty wild, but I'd trade all those crazy life events just to chill with my homies again. The teen room isn't the same... and it's way too quiet which weirds me out. Hopefully this all ends soon so we can all hang out again.

See you all soon!

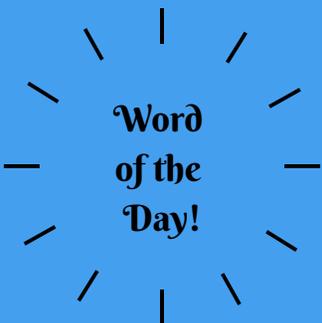
-Mr. James 😊





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# BGCO at Home DAILY SCHEDULE:



Word  
of the  
Day!

*Friendship*

## FUN FACT OF THE DAY!

The giant squid  
has the largest  
eyes in the  
world.

**DATE: 04/13/2020**  
**AGE GROUP: 10-12**

**POWER  
HOUR**

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

Virtual Zoo  
Adventure

**quote** ”  
of the day!

Life is like riding a  
bicycle. To keep  
your balance, you  
must keep moving.

-Albert  
Einstein

## SAFETY TOPIC OF THE DAY

Wear a life jacket  
when you are on  
a boat.

**BE A  
STAR**

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

Expressing  
Emotions:  
Your Voice

**FINE  
ART**

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

Dice  
Monsters



## CHALLENGE of the day

**Get out and exercise.**

**10 pushups**

**10 situps**

**10 jumping jacks**

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**

Monday

4/13/2020

10-12 years

old



## Virtual Zoo Adventure

Today we are going to a zoo! We will use this website <https://kids.sandiegozoo.org/animals>

We would like for you to look at 5 animals that you think are interesting and write down 10 things you learned from this.

When you're done with that, you should draw your favorite out of the 5 animals with your favorite color.

Feel free to send your drawing to Mr. Patrick at [pstewart@bgcozarks.org](mailto:pstewart@bgcozarks.org)



## **Be A Star – Expressing emotions: Your Voice**

Today we are going to learn about expressing emotions by recreating the TV show “the voice” – we will call it “Your Voice.” It is a game where judges guess what emotion you are expressing in your voice – and you will tell them if they are right or wrong. Sometimes the words you say will match the emotion and sometimes the words you say will be different.

### **How the game works:**

1. Explain how the game works:
  - a. Depending on the size of the group, 2-3 youth act as “judges” and sit with their backs to the “performer/expresser.”
  - b. Each judge is given a deck of feelings cards.
  - c. Performers/expressers draw a feelings card and sentence card from the respective deck.
  - d. The performers/expressers say the sentence as if they are feeling the word on the card.
  - e. Explain that some of the sentences and feelings words will match while others will not. The point is to guess the feeling being expressed in the voice.
  - f. The judges try to guess the feeling being expressed based on “your voice” and identify a feeling card from their deck.
  - g. When they have selected, they turn around and compare to the performer/expresser card.

### **2. Game Variations**

- a. Divide the group into two smaller groups and create a competition between the teams with a point going to each performer who expresses the feeling well enough for the judges to guess correctly.

b. Instead of using their voices to communicate the feelings, ask youth to communicate the feeling without words (no sentence cards needed).

Things were so crazy today	I love seeing my family
That was the most boring book I've ever read	I'm going to walk my dog later today
I lost my favorite hat today	This was the best day
I have to take the worst test tomorrow	I can't wait to go on vacation
I love spending time with my friend Shelby – she is so chill	We just won the championship basketball game
I really appreciate your doing me that favor	Thank you so much for letting me borrow your book
I had to get up early for school today	Lunch was delicious today
That book we read for English class was so depressing	I really don't want to go to the baseball game tomorrow

Calm	Angry
Excited	Frustrated
Happy	Sad
Cheerful	Bored
Nervous	Depressed
Irritated	Furious
Surprised	Disgusted
Proud	Enthusiastic

**Discussion questions:**

1. How could you tell what someone was feeling even when the words didn't match the voice?
2. Was it easy or challenging to say something while expressing something different in your voice?
3. What happened to your face and body while you were saying the sentences? Did they match the words or your voice (feelings word)?
4. What makes your voice/vocal tone important – sometimes even overpowering their words?
5. What was something you learned today that you didn't know before – either about emotional expression in general or just about your own way of expressing emotions?



### **Fine Arts – Dice Monsters**

Today we are going to be doing an activity called Dice Monsters. All you will need is a piece of paper, something to write with, and a dice! (you can find a dice in a board game or look up a dice app with your parents help)

Step 1 – Write down several monster traits! (heads, eyes, tails, arms...etc.)

Step 2 – Roll a dice to decide how many of each trait will be on your monster

Step 3 – Create your monster using your list of how many parts to use.

How did your monster turn out?

Roll the dice again and come up with a new list of monster traits to make another monster drawing!

Challenge your family members to do this activity and see their results!