



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

10-12 Years Old

Tuesday

Hey Club family!

It's Mr. Dameon here, I feel like it has been forever since I have seen or talk to any of you guys and I just wanted you to know that you guys are missed. You guys make the experience for the staff every day. 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. Social distancing has made it hard for me to play with my friends though. So like you, I am missing my friends. I know that all of this happened sudden and has been crazy, but remember consistency is good and keep up your healthy habits so when we can all come back together everyone will be healthy. I cannot wait to hear about what you guys did. No matter how boring you may think it was I still want to hear about it. Remember you matter and that you matter to all of us at The Club. Please be safe and enjoy the social distancing until it ends.

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

A vertical rectangular graphic with a soft pink-to-orange gradient background. The text is centered and reads: "You can't go back and change the beginning, but you can start where you are and *change the ending.*" Below the quote is a small decorative symbol, followed by "C.S. LEWIS". At the bottom center is a small white circle containing the letters "GH".

You can't go back and
change the beginning,
but you can start where
you are and *change*
the ending.

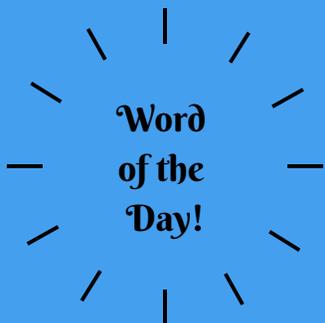
☪
C.S. LEWIS

GH



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO at Home DAILY SCHEDULE:



Survive

FUN FACT OF THE DAY!

**Giraffes have
black tongues.**

**DATE: 04/14/2020
AGE GROUP: 10-12**

**POWER
HOUR**

3:00PM Learning New
- Languages
4:00PM

quote of the day!

"you can't go back
and change the
beginning, but you
can start where you
are and change the
ending." C.S. Lewis

SAFETY TOPIC OF THE DAY

Always wear a
helmet when
riding a bike.

FINE ARTS

4:00PM Me, Myself
- and I
5:00PM

**TRIPLE
PLAY**

5:00PM MyPlate
- Workout
6:00PM



CHALLENGE of the day



**Try to say "Rubber Baby Buggy
Bumpers" 10 times fast.**

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**

Tuesday

4/14/2020

10-12 years

old



ROSS

Learning New Languages

Today we are going to start to learn language of your choice! We will do this at this website: <https://www.memrise.com/bienvenue>

The goal is for use to be able to learn more languages, so that we can communicate with more people! It is also fun being able to talk in different languages.

Feel free to do this more than just this day and for how long you would like to.

We hope you enjoy this!



Fine Arts – Me, Myself and I

Today, you will explore mixed media by creating self-portraits that depict your emotions and feelings using a variety of materials.

A self-portrait is a picture you make of yourself. You may use recycled materials like old soda containers, paper, and art supplies. This self-portrait might not look exactly like you do; it might look like how you feel. For example, if you are feeling sleepy, you might draw closed eyes. If you are sad, you might paint the face blue.

- What is one word that describes how you are feeling today?
- What are some ways you can show those feelings in your self-portrait?

Here is a list of emotion ideas you may use, or you can choose a different emotion:

- Happy
- Lonely
- Hot
- Excited
- Embarrassed

Begin creating your self-portrait, you can use whatever you like to use for your face, a soda bottle, paper, etc.

Use a paper as your surface to build your self-portrait from.
Use markers, crayons or paint to color in your self-portrait.

What different shapes did you use for your self-portrait?

Can you see a way to use more?

Do you think it looks like how you thought it would?

Create a background for your self-portrait!



Triple Play – MyPlate Workout

MyPlate Relay Workout

Cut out the food/workout cards and set a Length to run, about the length of a driveway. To do the relay, you will start at one end with one card in your hand, and run it to the other side and place it in different piles for which food group it belongs to (grain, dairy, protein, fruit, vegetable).

On each card, there is an action below the food, that you will need to accomplish on your way to the correct food category pile. (Example* if the card says hop, then you will hop on your way to put the card in the pile and hop back).

Time how long it takes you to get all the cards in their correct piles, then try to beat your time by doing the activity again.

| | | |
|-----------------------------|------------------------------------|-------------------------------|
| Apple Run | Banana Leap | Peach Skip |
| Broccoli Skip | Carrots Jump | Sweet Potato Hop |
| Oatmeal Hop | Pasta Crossover | Bread Leap |
| Chicken Leap | Tuna Run | Ground Beef Leap |
| Milk Jump | Grapes Skip | Soy Milk Jump |
| Orange Crossover | Cottage Cheese Hop | Collards Crossover |
| Mushrooms Run | Popcorn Leap | Corn Tortilla Run |
| Turkey Skip | Bell Pepper Jump | Eggs Skip |
| Yogurt Hop | Peanut Butter Crossover | Pineapple Hop |
| | Cheddar Cheese Run | Tomato Leap |