



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

10-12 Years Old

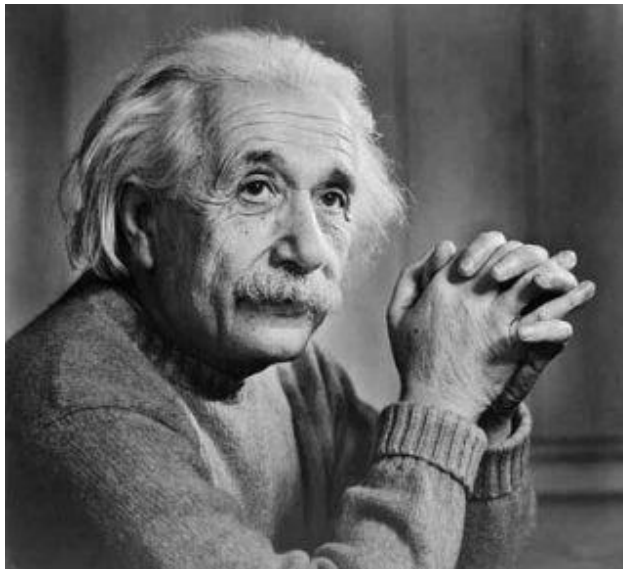
Friday

Hey guys,

How are you guys!? We miss you so much! Who would have thought we'd be without you guys for this long? Not me! The Club misses you! We've done a lot to the Club. You guys are gonna love it! Are you all loving the videos we're making for you all? My favorite one so far was the Sparkle video! We've more in store for ya, so stay tuned. Can't wait for this quarantine to be over and you all can come back! Please come back. Make sure you stay 6 feet apart and wash your hands for at least 30 seconds.

Miss ya'll,

Mr. Shawn



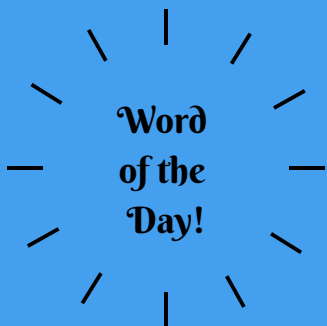
**"Creativity is contagious,
pass it on"**

- Albert Einstein



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO at Home DAILY SCHEDULE:



FUN FACT OF THE DAY!

**Cows have four
stomachs.**

**DATE: 04/17/2020
AGE GROUP: 10-12**

Citizenship

**POWER
HOUR**

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

Van Gogh
Museum
Virtual Tour

quote of the day!

"Creativity is
contagious, pass it
on." -Albert
Einstein

SAFETY TOPIC OF THE DAY

Use bug spray
and wear pants
when in the
woods.

**TRIPLE
PLAY**

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

Examining
Environmental
Cues

**TRIPLE
PLAY**

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

What is
Health

CHALLENGE of the day

**Tell three different people
things that you are grateful
about them.**

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**

Friday

4/17/2020

10-12 years

old



Van Gogh Museum

The Van Gogh Museum in Amsterdam houses the largest collection of artworks by Vincent van Gogh (1853-1890) in the world. The permanent collection includes over 200 paintings by Vincent van Gogh, 500 drawings and more than 750 letters. The museum also presents exhibitions on various subjects from 19th-century art history.

Task- Go through this virtual museum and look at all of Vincent Van Gogh paintings at this website:

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

Pick your three favorite paintings and tell us why you like them:

- 1-
- 2-
- 3-



Triple Play – Examining Environmental Cues

Today we are going to be talking about food inside of our environment and how we act and feel when we are eating different foods.

Snack Charades

Have your family play a game of snack charades, here is how to play:

- Have your family sit in a circle
- One person will stand in the center of the circle and say, “On the way to the Boys & Girls Club, I ate...”
- The person will then act out something they ate earlier, while everyone in the circle tries to guess what it is.
- The family member who guesses it correctly gets the next turn in the middle of the circle.

Discussion questions

Was it difficult to figure out the different foods the person in the middle of the circle was trying to portray?

Did any of your family members surprise you with how they portrayed the food?

Is this a game you would play with your friends?



HEALTHY HABITS- What is Health?

- Last time we talked about what makes us happy and what we want in the future.
- Today we are going to think about what we are already doing to be happy and healthy. We are also going to think about the people who help us feel healthy.

- Step 1

- o What do you think it means to be healthy? Write down some of your thoughts

- -
 - -
 - -

- Possible answers: not being sick, having energy to play, being strong, not feeling tired.

- o Being healthy is more than just not being sick. It means your body feels good and that you are able to do all the things that make you happy with the people who make you happy.

- Step 2

- I want you to draw your body on a piece of paper. If
 - you have a poster board, see if your sibling or parent

- will trace your body.
- Think of things that you do that make you feel healthy. You should draw these things inside the
- outline of the body you drew
- ▪ For example, eating vegetables, drinking milk, running, jumping rope, stretching, walking, drinking water, spending time with friends, etc.

- Step 3
- Now take 7-10 minutes to draw people and things that help you make good choices about health outside of the outline of the person on the paper.
- For example, parents, friends, teachers, etc. •

- Step 4- Youth Reflection
- o What is your favorite healthy choice that you make?
- –
- o What is hard about making healthy choices?
- -
- o What might you do differently tomorrow to feel healthier?