



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Monday

Hey Friends,

We miss you so much! We have been working super hard on videos and activities for you to watch and do at home! We cannot wait to have you back! Don't forget to take a break on your computer or phone and get some exercise!

Love,

Miss Peyton

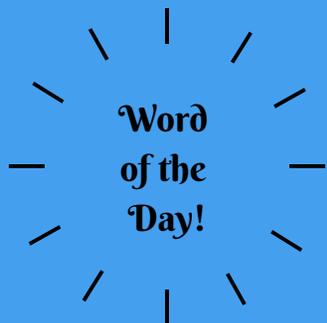
Before you start your activities think of this quote from The Flash:





**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO at Home DAILY SCHEDULE:



Word
of the
Day!

Service

FUN FACT OF THE DAY!

It is physically impossible for pigs to look up into the sky.

DATE: 04/13/2020

AGE GROUP: 6-9

**POWER
HOUR**

3:00PM

Scavenger
Hunt

-

4:00PM

quote
of the day!

Life doesn't give us purpose. We give life purpose.
-The Flash

SAFETY TOPIC OF THE DAY

Never get into a car with someone you do not know.

**BE A
STAR**

4:00PM

Expressing
Emotions:

-

5:00PM

Your Voice

**FINE
ART**

5:00PM

Non-
Dominant

-

6:00PM

Hand Drawing



CHALLENGE
of the day



Go outside and dance!

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

04/13/2020

6-9 years old





Hey Friends,

Today you are going to complete an indoor scavenger hunt! Below is a list of items to search for and check off your list. Try to find everything on your list within 5 minutes!

A stuffed animal	Flashlight
Paper airplane	Mug or Cup
A sock	Keys
Sunglasses	Alarm Clock
Book	Tape measure
Crayon	A Ball
Toy car or Truck	Scarf
Plant	Blocks
Ruler	Doll
Toothpaste	Salt & Pepper



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 just love seeing my best friend
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 - Non – Dominant hand drawing**

Today we are going to test your drawing abilities with both your hands and compare the results!

Draw a picture of your favorite animal!

1. Draw a picture with the hand you don't normally draw with
2. If you are ambidextrous (that means you draw with both hands), draw the picture with one hand then switch and do it again with the other hand.

How did your picture turn out? Was it better or worse than you thought it would be? Challenge your family members to try this drawing challenge!

Try drawing different things and challenging yourself to get better at drawing with both hands.