



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Thursday

Hey Guys, Mrs. Morgan Here!

I think it's safe to say that we miss you guys a whole bunch; its almost too quite around here! We've been keeping busy by getting the Club cleaned up, repainted, reorganized, redecorated, and switched around! Sometimes, when nothing is normal, it's nice to take control of your area; it gets things ready for a whole new kind of normal! You can also do the same thing with your brain. Maybe you can try redecorating your mind by discovering new interests, reorganize by planning a schedule, repaint by brushing up on things you know how to do, or clean up your brain with some of these activities so that you don't develop any mental cobwebs! We miss you guys, and I can't wait to start a whole new normal with you all.

-Mrs. Morgan

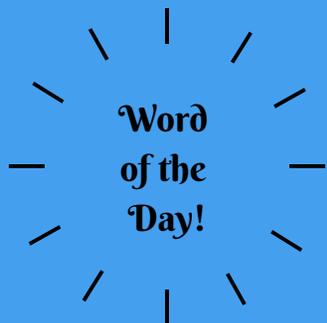
Before you start your activities think of this quote from Mother Teresa:





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BGCO at Home DAILY SCHEDULE:



FUN FACT OF THE DAY!

A cat has 32 muscles in each ear.

Powerful

DATE: 04/16/2020

AGE GROUP: 6-9

POWER HOUR

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

Zoo
Activities

quote of the day!

It's not about how much you do, but how much love you put into what you do that counts.

-Mother
Teresa

SAFETY TOPIC OF THE DAY

Memorize your parent/guardians phone number in case of an emergency.

TRIPLE PLAY

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

MyPlate
Workout

FINE ART

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

Me, Myself,
and I

CHALLENGE of the day

Try to say "Irish wrist watch" five 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**

Thursday

04/16/2020

6-9 years old





Hey Friends,

Today we are going to visit the San Diego Zoo website! They have fun games where you will learn more about your favorite zoo animals, as well as some awesome animal stories where you can hear about the fun things animals like doing!

San Diego Zoo Activities: <https://kids.sandiegozoo.org/>



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



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!