



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Friday

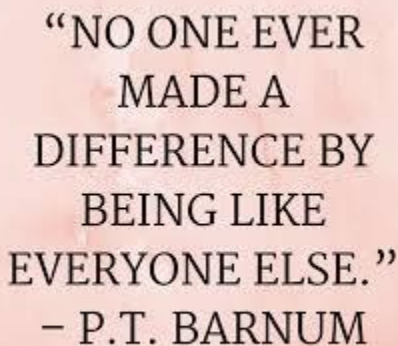
Hey friends! We miss you all so much! It's definitely not the same without you here. While you've been away, we have been working hard on various different things! For example, we switched a couple of rooms around. Can you guess which ones? We have been working non-stop on our youtube channel and I hope you've checked it out! I think my favorite video we have filmed is the egg challenge or the baby food challenge. Both of those videos made me laugh until my stomach hurt! We also have some reading videos and even origami videos for you to watch!

This break is a good way to forget about school and exercising but don't fall for that! Take this time to get caught up or learn new things! Things we learned in fitness the Triple Play: Body program is to get 1 hour of exercise a day, eat your fruits and vegetables and when your snacking during the day, a healthy snack (like our homemade yogurt parfaits) will fill you up and can give you the energy you need to get through the day! Our videos that Trainer T does are some great exercises you can do anywhere at home.

I have a couple challenges for when you come back! Make at least 2 crafts and create your best knock knock joke! I can't wait to see and hear all the fun things and moments you have created during this break! I would really like to see your faces so don't forget we are doing food distributions Monday through Friday from 4-5 pm. We miss you and can't wait for this break to be over!

Your friend and staff,
Ms. Peyton

Before you start your activities think of this quote from P.T. Barnum:

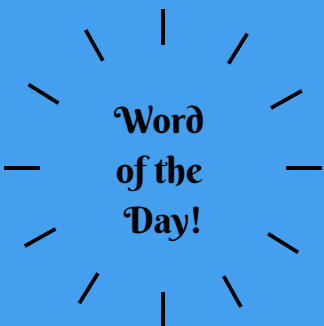


“NO ONE EVER
MADE A
DIFFERENCE BY
BEING LIKE
EVERYONE ELSE.”
– P.T. BARNUM



**BOYS & GIRLS CLUB
OF THE OZARKS**

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: 04/17/2020

AGE GROUP: 6-9

**POWER
HOUR**

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

Shop 'til
you drop!

quote
of the day!

No one ever made a
difference by being
like everyone else.
- P.T. Barnum

SAFETY TOPIC OF THE DAY

Wear a life jacket
when you are on
a boat.

MYFUTURE

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

Hour of
Code

**TRIPLE
PLAY**

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

Create a
Vision Board



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**

Friday

04/17/2020

6-9 years old



Shop 'Til You Drop!

Member imagine that you are a music or sports star who has just received a \$1,000,000 signing bonus.

Think about the types of things they would like to buy with the money.

You would have to pay taxes on this amount of money which would be approximately \$300,000 so that

leaves \$700,000 for you to spend.

Here are a list of items you can buy:

- House 200,000
 - Penthouse 400,000
 - Private jet 80,000
 - CDs 17
 - Books 40
 - Sports equipment 25
 - CD player 1,000
 - Snowboard equipment 1,000
 - ATVs 7,000
 - Food (for one month) 300
 - Home furnishings 10,000
 - Trip around the world 20,000
 - Live animals 200
 - Trip to Disney World 7,000
 - T-shirts 20
-
- Automobiles 40,000
 - Nintendo Switch 150
 - Scooter 120
 - Shoes 40
 - Toys 35
 - Computer 5,000
 - Bikes 150
 - Cell phone 300
 - Movies 20
 - Video games 30
 - Coat 200
 - Jeans 30
 - Stuffed animals 20

- Ski equipment 1,000

Use a piece of paper showing the items you have chosen, the cost of each item and the total amount

you have spent.

Whoever spends exactly \$700,000 will get a prize when you return !



MyFuture lets Boys & Girls Club members of all ages to use digital tools to learn, play and socialize, as part of the digital Club experience. Here, members like you can share media projects, participate in contest to win awesome prizes and earn badges to show what you've accomplished.

If you're a Boys & Girls Club member:

- To get started, create an account. Make sure you're selecting the Club you're a member of!
- Your staff member will approve your account. This help us make sure you're in a safe community.
- Log in to start completing activities, entering contests and earning badges!

Sign up at the link below:

<https://myfuture.net/registration>

HOUR OF CODE

<https://myfuture.net/programs/Computer-Science/Hour-of-Code/Try->

an-Hour-of-Code

Coding is cool, right? Yeah, we've all heard that, but why is coding important? Find some answers in the video What Most Schools Don't Teach.

But isn't coding difficult? No. You — yes, you — can code for an hour, starting right now.

Learn to program droids and create your own Star Wars game in a galaxy far, far away.
<https://hourofcode.com/star-wars>

Spend an hour trying this cool game and let us know what you think!



Healthy Habits

Today we are going to create a Vision Board!

Do you know what that is?

A vision board is something you create to illustrate your vision for your future. It can include ideas of where you would like to live, what job you want, where you want to go to school, where you will travel and the kind of life you hope to have.

Step-by-Step Directions

Step 1

- Use materials around your house to create a vision board, or do it on google slides
- Creating a vision board helps people identify their hopes and dreams, visualize the lives they want, and make positive choices that will lead to that future.

Step 2

- Think about the goals you have for your lives (e.g., make the middle school basketball team, get better at biology, eat healthier, etc.).

- Write these goals and create or find pictures you can add to your vision boards that represent these goals.

Step 3

- Now you will work to turn your vision into action. Create specific actions to help you achieve the things you put on your vision board.
- Think about the goals you have on your board. On the same vision board, list specific steps you will take to fulfill those goals.
- The goals should be specific (e.g., practice basketball every day after school) and measurable (e.g., practice at least 30 minutes a day).