



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

Ages 6-9

Thursday

Hey kids!!!

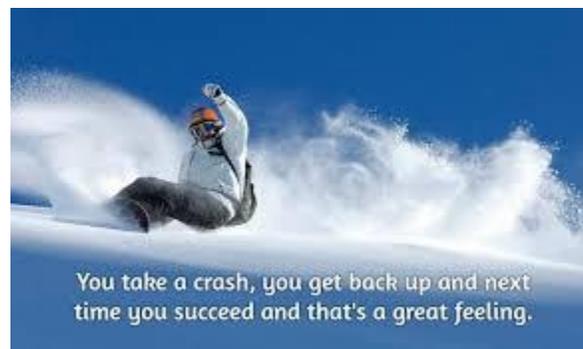
It's Mr. Ryan!! I just wanted to check in on you and see how you all are doing?!?! I miss you guys and can't wait to see you all again!

Here at the Boys and Girls Club, we have been doing a bunch of online training to help us make sure you guys have the most fun you can have when you return! We have also been doing some deep cleaning, so that way you guys don't have to worry about germs or any of that nasty stuff when you come back as well! The Club is also going to look a bit different as well as we have touched up paint and repainted some of the rooms to give the Boys and Girls Club a new and improved look. What have you been doing to enjoy your time away from school? I hope you have gotten to spend time with your loved ones. I know it has been a bit crazy and almost scary to a point with everything going on but you should still be having a bunch of fun with your loved ones. I have gotten to do a lot of stuff with my family, like grilling out with the weather being amazing out, as well as some fishing with my dad and older brother when I haven't been at the Boys and Girls Club.

I hope you guys and girls have enjoyed your early summer break but I have missed all of you so much!! You guys stay safe and stay healthy so we can have some fun here at the Boy and Girls Club!!

-Mr. Ryan

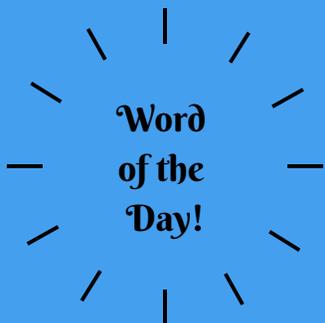
Before you start your activities think of this quote from Shawn White:





**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO at Home DAILY SCHEDULE:



Word
of the
Day!

Content

FUN FACT OF THE DAY!

Tigers have striped skin, Not just striped fur.

DATE: 04/23/2020

AGE GROUP: 6-9

**POWER
HOUR**

3:00PM

-

4:00PM

Fun Brain!

quote
of the day!

You take a crash, you get back up and next time you succeed and that's a great feeling.

-Shawn White

SAFETY TOPIC OF THE DAY

Never run with scissors.

**AWESOME
ANATOMY**

4:00PM

-

5:00PM

Digestive System

**CAVITY
FREE ZONE**

5:00PM

-

6:00PM

Plaque Masters



CHALLENGE of the day



Build a house of cards.

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**

3:00pm-4:00pm: Power Hour - FunBrain



Hey Friends!

Today we have a fun Educational website for you to explore!

FunBrain is a website with fun games and activities where you can learn and have fun all at the same time!

There are many different kinds of math and reading activities, and games!

How it works is you click on the link down below and at the top of the website there will be a list of grades, click on your grade and then you will have a big group of activities to choose from to complete! Try to complete different sections of the activity challenges.

Here is the link for the website:

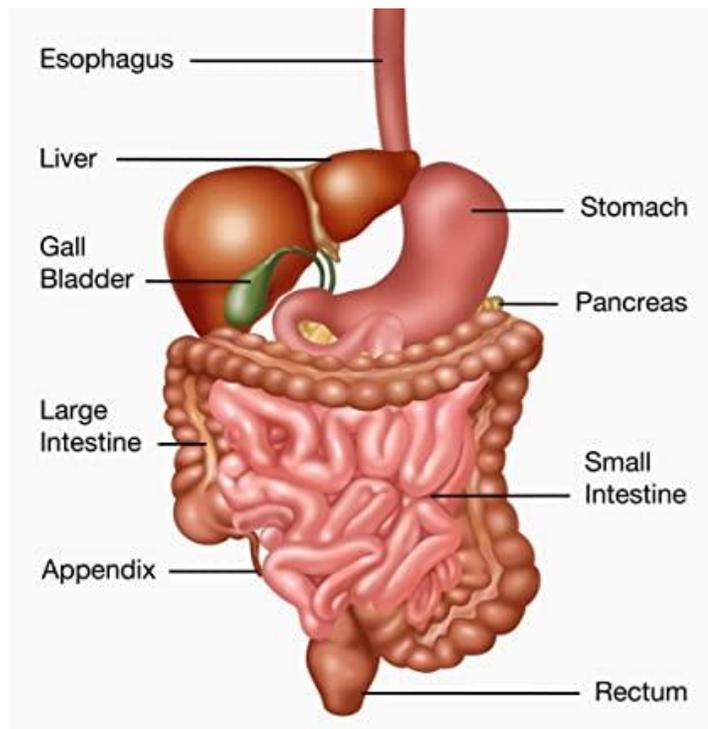
<https://www.funbrain.com/>



4:00pm-5:00pm: Awesome Anatomy – Digestive System

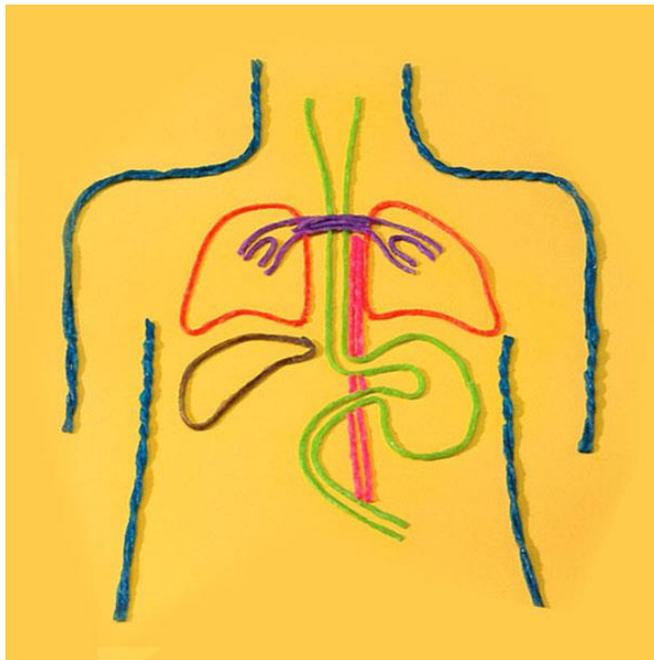


The Digestive System is an important part of your body's health! The digestive system is in charge of making sure all the food you eat gets broken down in the right way to give you energy and make your body strong! It also helps you make room for more food!



Each part of the digestive system has an important part in helping you digest your meals.

Today, you are going to create a model of the digestive system! You can draw it on a piece of paper and color it in. However, if you have some art supplies to use then you can glue objects onto the paper instead of drawing it on there. Make sure you get each individual part of the digestive system, each part together helps the other parts work more effectively! Don't forget to label each part of the digestive system!



Fun facts about the digestive system:

1. You can eat upside down
2. The average person produces 2 pints of saliva every day
3. The stomach protects itself from acid
4. It takes food about 7 seconds to reach your stomach once eaten
5. Stomach rumblings are caused by muscle contractions

5:00pm-6:00pm: Cavity Free Zone – Plaque Masters



Today we are going to play a game called Plaque Masters!! You are going to read trivia questions about dental hygiene and try to get to correct answers! If you get them all correct then you are a PLAQUE MASTER! Before we play, have you brushed your teeth today yet? If not, then go brush your teeth really quick before we play. If you have mint-flavored toothpaste, then it could help you remember the correct answers to this trivia! Let's start the game!

PLAQUE MASTERS

1. Between what ages do children lose their baby teeth?
2. What is the most common oral childhood disease?
3. What do teeth have in common with fingerprints?
4. How many teeth does the average person have?
5. How many types of bacteria live in your mouth?
6. How many muscles does it take to smile?
7. How wide is the statue of liberty's mouth?
8. What percentage of your tooth surface do you miss when you don't floss?

9. Which is harder: Bones or Teeth?

10. Do people chew up and down or side to side?



Answers:

1. Ages 6-12
2. Tooth decay
3. No one else has your exact smile
4. 32 teeth
5. 300
6. 17
7. 3 feet wide
8. 35%
9. Teeth
10. Side to side

Are you a Plaque Master?