Hello Incredible Club Member!

We are sad we cannot see you in person today, but we hope you love these fun activities. We miss you and will see you soon!
PARENTS: PLEASE READ

Our commitment to keeping the young people we serve safe is always our number one priority. Following the Coronavirus disease (COVID-19) outbreak, it’s important that you know Boys & Girls Clubs of Siouxland is doing everything possible to keep your child, our staff and volunteers protected from its spread. We are also closely monitoring report from the Centers for Disease Control and Prevention (CDC), our local health department, and our school district for all updated information. As a reminder, we recommend preventive actions every family should take to prevent exposure to COVID-19.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray and wipe.
- Follow CDC’s recommendations for using a facemask:
  - The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often:
  - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. It takes an average of 11.8 seconds to sing the entire Happy Birthday song, so if you sing it twice, that will ensure you’ve scrubbed long enough. This is a great method to share with children in your family. While this measure is simple, it is effective.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands soap and water if hands are visibly dirty. For more information about hand washing, see CDC’s Handwashing website.

Please know that we are working hard to ensure safety for all kids, families, staff, and volunteers. We will keep you updated and are so grateful for your patience. Should you have any questions or concerns about this or any other matter, please do not hesitate to contact our main office (712-258-5545 or office@bcgsiouxland.org, ebensen@bcgsiouxland.org). Our commitment to you and your children is unwavering.

Sincerely

Eldon Bensen

Chief Executive Officer
Boys & Girls Clubs of Siouxland
THE TECH LAB

Welcome to the At Home Tech Lab! Visit some of these great websites, have fun, and learn!

GUESS WHAT? YOU CAN STILL EARN YOUR BADGES FROM HOME!

MY FUTURE
ReImagine Technology
https://myfuture.net/
THE ART ROOM

Welcome to the At Home Art Room!
Enjoy these coloring sheets and activities to get your creativity flowing!

Name: _________

Color by Number

9 = orange  7 = brown  5 = blue
8 = yellow   6 = tan    4 = green
QUICK MEMBER CHECK-IN

How are you feeling right now?

Some things for you to remember:
WE LOVE YOU!
WE MISS YOU!
WE ARE EXCITED TO SEE YOU SOON!
WASH YOUR HANDS!
THE LEARNING CENTER

Welcome to the At Home Learning Center! Enjoy these fun activities, challenges, and more!

Follow these instructions and use the blank piece of paper (next page) to make your own paper airplane!

Fold * Decorate * Fly
Gratitude Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love
ANGER EXPLORATION WORKSHEET

Use this worksheet to explore and discuss a recent anger episode!

WHAT HAPPENED THAT MADE ME FEEL ANGRY?

__________________________________________________________

__________________________________________________________

WHAT OTHER FEELINGS DID I EXPERIENCE?

☐ sad  ☐ annoyed  ☐ guilty
☐ worried  ☐ scared  ☐ stressed
☐ jealous  ☐ lonely  ☐ embarrassed

WHAT THOUGHTS WENT THROUGH MY HEAD?

__________________________________________________________

__________________________________________________________

HOW DID I RESPOND?

☐ yelling and screaming  ☐ hitting or kicking  ☐ throwing objects
☐ name-calling  ☐ threatening  ☐ running away
☐ crying  ☐ cursing  ☐ slamming doors

WHAT ENDED UP HAPPENING?

__________________________________________________________

__________________________________________________________

WHAT WAS MY CONSEQUENCE?

__________________________________________________________

__________________________________________________________

WHAT CAN I DO DIFFERENTLY NEXT TIME IF THIS SITUATION HAPPENS AGAIN?

☐ use an I-Feel Message  ☐ deep breathing
☐ walk away  ☐ tell an adult
☐ count to ten  ☐ distract myself

© 2018 Mylemarks LLC. All rights reserved.
For license information, visit www.mylemarks.com
Environmental Eye-Spy

As you walk or ride around, look for these environmentally friendly energy sources and activities.
FRUIT JUMBLE COUNTING

Count the number of bananas, grapes, blueberries, cherries, and strawberries. Write the numbers in the boxes below.

Bananas
Grapes
Blueberries
Cherries
Strawberries
Anna is a cow. She lives on a farm with her family. She is a mother to a cute calf. Anna's husband is a big and strong bull. Anna eats grass and gives milk. When she is not too busy, she spends time with other animals that live on the farm. Her best friends are horses, sheep, and goats.

1. Where is Anna? Circle the picture of Anna.

2. True or false?
   - Anna has a family
   - Anna has a husband and one child
   - Anna is a strong bull
   - Anna drinks milk
   - Thanks to Anna, we can drink milk
   - Anna often spends time with friends

3. Who lives on the farm? Check the right boxes.
   - flamingo
   - cow
   - goat
   - sheep
   - horse
   - dolphin
   - calf
   - lion
   - turkey
   - snowy owl
   - bull

4. Who are Anna's best friends? Circle the pictures of them.

www.englishforkidz.com
Welcome to the At Home Gym!
Enjoy these activities to keep you active and healthy!

SPELL YOUR NAME
AND GET MOVING!

A: 10 BURPEES
B: 20 PUSH UPS
C: 35 JUMPING JACKS
D: 1 MINUTE PLANK
E: 20 SQUATS
F: 1 MINUTE WALL SIT
G: 20 BURPEES
H: 30 PUSH UPS
I: 20 ARM CIRCLES
J: 30 CRUNCHES
K: 25 SQUATS
L: 30 ARM CIRCLES
M: 45 SECOND PLANK
N: 15 PUSH UPS
O: 2 MINUTE WALL SIT
P: 25 JUMPING JACKS
Q: 15 BURPEES
R: 20 SQUATS
S: 30 CRUNCHES
T: 20 ARM CIRCLES
U: 1 MINUTE PLANK
V: 25 SQUATS
W: 20 PUSH UPS
X: 45 SECOND PLANK
Y: 30 JUMPING JACKS
Z: 20 ARM CIRCLES

momontheside.com
Go to these videos to DANCE!

https://www.youtube.com/watch?v=Ojblhvvzvjsk

https://www.youtube.com/watch?v=sHd2s_saYsQ
THE GAMES ROOM

Welcome to the At Home Games Room!
Enjoy these activities to keep your brain active while having a ton of fun!

FINGER PUPPETS

INSTRUCTIONS
1. Print the finger puppets on regular paper and cut them out. Be sure to cut along the dashed line.
2. Wrap the tabs of one puppet around the puppeteer’s finger, and use tape to secure.
3. Remove puppet from finger and repeat step 2 with the rest of the puppets.

INSPIRED BY Goodnight Darth Vader
ISBN: 978-1-4521-2830-6
CHRONICLE BOOKS
CHARADES FOR KIDS

a bear riding a bike
an octopus water-skiing
a giraffe playing basketball
a pig playing hockey
an elephant riding a roller coaster
a fish going to school
a cat giving himself a bath
a flamingo drinking from a water fountain
an alligator washing a car
a bird building a nest
a dinosaur playing hopscotch
a penguin going down a slide
a kangaroo boxing
a dog driving a car
a camel taking a nap
an ostrich burying his head in the sand
a raccoon digging through the garbage
a squirrel burying a nut
a monkey climbing a tree
a bunny dancing
QUICK MEMBER CHECK-IN

If you need a quick break, try these!

**ELEPHANT BREATHING**

Stand with your feet wide apart and your arms dangling in front of your body like an elephant’s trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

**BUBBLE BREATHING**

Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

Some things for you to remember:

WE LOVE YOU! WE MISS YOU!
WE ARE EXCITED TO SEE YOU SOON!
WASH YOUR HANDS!