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BGC@HOME! Each day: say the BGC Club code @bottom of this page; complete 2 of the activities below & read for 20 min. Remember to move your body for one hour a day and drink plenty of water. Parents, share pictures and videos of your kids doing BGC@home with nikki@bgcusc.org.

Leadership	Education	Arts	Fitness
A goal is something you wish to accomplish. Think of 3 goals to set for yourself this school year. Write them down. Check them off when you complete them and feel proud!	Kids Math: Look at a take-out menu from a restaurant to practice math concepts. Which item costs the most? The least? If you bought all of the food you wanted, how much would it cost all together?	Choose one goal you set for this school year from the leadership activity. Draw a picture of yourself achieving this goal.	Jump Rope Challenge: Challenge members of your family to a jump rope challenge. Time each other and see who can jump the longest without stopping.
Positive Action: Click here for video . We need 8-10 hours of sleep every night to feel our best. Write down how many hours of sleep you get each night for one week. Tracking makes it easy.	Kids Lit: Read a book. Choose your favorite character & answer these questions. How did the character look & act? What is something the character said? How did the character change?	Rhythm is a repeated pattern of beats, activity or movements. Listen to a song while you free draw. How can you use lines, shapes and colors to show rhythm in your drawing?	It's hot outside. Make a water fountain with a hose outside and play in the water!
Ask your parents if they have responded to the U.S. Census. The census is a count of all the citizens in the country every 10 years.	Virtual Field Trip: Click Here to visit the SC State Museum's Exhibit marking the 50th anniversary of the Apollo 11 moon landing!	Bubble art: with an adult's help, add food coloring to bubbles & blow different colors on paper to make a pattern.	Make some yummy & healthy snacks with your family like fruit smoothies. Click here for other ideas!
Patience means staying calm while dealing with something difficult. Write down 3 ways you can practice patience with yourself & others as you start this school year.	Kids Math: Fractions are fun to practice using food like pizza or some fruits. Decide on the whole item. Then divide it into half, quarters, eighths or more.	Puzzling Art: Draw a picture. Cut it up into smaller pieces & mix them up. See if you and/or a family member can put it back together.	Yoga w/ Ms. Nicole. Click here for video or just stretch and breathe for 15 minutes.
Positive Action: Click here . Germs are everywhere! Practice healthy habits like washing your hands often, eating healthy foods, & getting plenty of exercise to stay well!	Read a book. Starting with "Once upon a time", retell the plot of your book in the form of a short fairy tale. Include the <i>who, what, where, when & why</i> of the story.	Make up a song or rap to help you memorize addition, subtraction, multiplication or division facts.	As a family choose your favorite line dance or make one up. Video yourselves doing it together and share w/ other friends & family.

Dates: August 17th - 28th 2020

Club Member Name: _____

Boys & Girls Club Code – I believe in God and my right to worship according to my own faith and religion, I believe in America, the American Way of Life, the Constitution and the Bill of Rights; I believe in honesty, sportsmanship, and fair play; I believe in my Boys & Girls Club which stands for all these things.