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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 . Parents, please share pictures and videos of your kids doing BGC@home & finished projects with [nikki@bgcusc.org](mailto:nikki@bgcusc.org).

Leadership	Education	Arts	Fitness
Positive Action - <a href="#">Click here.</a> Thoughts cause actions, and actions lead to feelings. Think of a time you felt great about something you did. What thoughts led to that action?	Pick 4 white flowers. Trim stems at bottom & place in 4 separate containers with water. Put drops of different colored food coloring in each. Watch for a few days.	A haiku is an unrhymed 3-lined poem about nature. Write a haiku about spring. Make the 1 <sup>st</sup> & 3 <sup>rd</sup> lines have 5 syllables and the 2 <sup>nd</sup> line have 7 syllables.	Take a bike ride with an adult family member. Always wear a helmet! Before you ride, discuss other important bicycle safety rules.
Easter celebrates Jesus rising from the dead. His resurrection made forgiveness possible for Christians. Thank Him. Practice forgiving others. How does it feel?	Watch <a href="#">The Tale of Peter Rabbit</a> read aloud. List words that describe Peter. Write the moral (lesson) of the story or read & write about a book you have.	Eggs are a symbol for Easter. Draw an Easter basket full of eggs. Decorate your eggs with a pattern. Draw a background with a bunny & spring flowers. Color.	March is National Nutrition Month. Start each day with a healthy breakfast. Make half of your plate fruits & veggies. Eat healthy snacks & drink water!
To be a good leader, you must first learn to follow. Practice listening to your parents and teachers and doing what they ask.	Compare each set of fractions using <, >, or =.  $\frac{1}{3} \bigcirc \frac{2}{3}$ $\frac{3}{5} \bigcirc \frac{4}{5}$ $\frac{5}{8} \bigcirc \frac{7}{8}$	<a href="#">Listen to The Four Seasons: Spring</a> by Baroque composer Antonio Vivaldi. What instruments do you hear? How does it make you feel? Why?	Yoga with Ms. Tori. <a href="#">Click here for video</a> or make up your own poses that will make your arms stronger.
Spring Cleaning! Being neat & organized is a leadership skill. Put your things in their proper places. Box up & donate/throw away items you no longer use.	Take a walk with your family. Look for and discuss the signs of spring.	Using different colored paper and/or tissue paper, create a Spring collage. Cut and paste shapes to make plants & animals you see in the Spring.	Spring Sports Practice: Practice your baseball, softball, kickball or soccer skills outdoors with your family.
Next time you think you need help: 1) Decide what the problem is & what help you need. 2) Choose someone you trust who will know how to help you. 3) Ask for help.	<a href="#">Click here to tour the SC State Museum's Exhibit "A Voice of Her Own: SC Women in Politics"</a> Write a paragraph about your favorite woman in SC history.	Decorate real eggs with your family and have an egg hunt!	Yoga with Ms. Tori. <a href="#">Click here for video</a> or stretch and breathe on your own. Deep breaths in and out help us calm down & feel better.

Dates: March 22<sup>nd</sup> - April 4<sup>th</sup>, 2021

Club Member Name: \_\_\_\_\_

**Boys & Girls Club Code** – I believe in God and the 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 fair play, honesty and sportsmanship. I believe in my Boys & Girls Club which stands for all these things.