Club on the Go

ENJOY CLUB PROGRAMMING AT HOME

Elementary Packet

Ask your parent or guardian to check out our website at bgcpckids.org for our latest videos and activities!
# Physical Fitness Activity Log

**Week of: ______________**

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Activity # of Minutes Completed</th>
<th>Activity # of Minutes Completed</th>
<th>Activity # of Minutes Completed</th>
<th>Total # of Minutes Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong> Tuesday April 27, 2020</td>
<td>Completed Clubs YouTube work out 30 minutes</td>
<td>Road my bike 30 minutes</td>
<td>Went outside and did soccer drills for 30 minutes</td>
<td>90 minutes of physical activity</td>
</tr>
<tr>
<td>Monday</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Date: ______</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Tuesday</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Date: ______</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Wednesday</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Date: ______</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Thursday</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Date: ______</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Friday</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
<tr>
<td>Date: ______</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
<td>[Blank]</td>
</tr>
</tbody>
</table>

**Goal = 60 minutes’ daily**

**Name:** ______________

**Club:** ______________

**Total # of minutes:** ______

**Parents Signature:** ______

---

GREAT FUTURES START HERE.

BOYS & GIRLS CLUBS OF PUEBLO COUNTY
WE’RE GOING ON AN INDOOR Scavenger Hunt

Gather up these items from around the house!

- a stuffed animal
- something that plays music
- an item you use to bake
- a book that has numbers
- a picture of people you love
- something round
- something that has a map
- something with wheels
- something that makes bubbles
- something that makes you happy
- 3 things that are yellow
- ABC something that starts with the first letter of your name

Don’t forget to put them all away after the hunt is over!
Eat Smart To Play Hard
Try These Quick and Easy Summer Snacks*

- CARROTS + HUMMUS
- APPLE + PEANUT BUTTER
- DRINK WATER WITH YOUR SNACK INSTEAD OF SUGAR-SWEETENED BEVERAGES.
- BROCCOLI + LOW-FAT VEGGIE DIP
- PEACH + LOW-FAT COTTAGE CHEESE
- CHERRY TOMATOES + LOW-FAT CHEESE
- BEAN DIP + BAKED CHIPS

* Children under 4 years of age are at the greatest risk of choking. It is important to make sure that food is served in the appropriate sizes, shapes, and textures to reduce the risk of choking. For more information on choking prevention, visit [http://www.fns.usda.gov/sites/default/files/supplementA.pdf](http://www.fns.usda.gov/sites/default/files/supplementA.pdf).
Create Your Own Ladybug

Color and cut out all the shapes. Use glue/tape to put the ladybug together.
Clay Impressions

Materials: Air dry clay, straw, objects of choice, watercolor, paintbrush and string.

Instructions
1. Roll the clay into a ball.
2. Press the ball of clay over your object.
3. Turn over the clay and peel off the object.
4. Make a hole with a straw at the top.
5. You can also make the clay impression from the top.
6. If you like, you can add small pebbles to accentuate your impression.
7. If you decide to add pebbles or accents to your impression, apply from the top.
8. Let the clay dry and then paint if you want.
9. Use a paintbrush to apply the paint into your impression.
10. Let the paint dry.
11. Once it is fully dry, loop a string through the hole you made and make a knot.
12. Now your clay impression is ready to be displayed!

Bear and Fish Cardboard Ornaments

Recycle Art

Materials: paper, pencil, scissors, cardboard, strong glue/glue gun, magnet, paint, black marker with a fine point.

Activities:
1. On your cardboard, splatter or brush on different colors of paint that you like.
2. Allow the paint to dry.
3. Get a piece of paper and draw the shape you want to use for your magnet. This will be your stencil.
4. Cut out your stencil.
5. After the paint is dry, trace your stencil as many times as possible.
6. Now grab a fine point black marker and put details such as eyes, ears, smile, etc.
7. Use scissors and carefully cut out all the shapes.
8. Glue the magnet onto the back of the cardboard shape you made.
9. Now you can decorate your refrigerator with all the cool shapes you made!
Exploring the Science of Sound waves.

Have you ever wondered how the Telephone came to be? This activity will shed some light on the subject!

**What you’ll need:**
- Two paper or plastic cups, large enough to fit over your ear
- Paperclips
- Two small washers
- String or fishing line, up to 30 feet long
- A friend to help!

**How to do it:**
1. Carefully punch a hole in the bottom of each of the cups. You can do this by straightening out a paper clip and using it to puncture the cup. If you are using a plastic cup you may want to use a nail (along with the help of an adult) to make the hole.
2. Now, thread the ends of the strings through each of the cups. The string should be threaded through the bottom of the cup. You can use the straightened paper clip to get the string through the hole if it starts to fray.
3. Once inserted into the cup, tie the ends of the strings to a washer. This will keep the string from being pulled out of the cups.
4. You’re now ready to try out your phone! If you haven’t already, grab a friend to see how it works.
5. Each person should take a cup and slowly move away from each other until the string is pulled tight.
6. Keeping the string tight, have one person put the cup to their ear and let the other talk. See what happens!
7. Switch with your friend and try again. You can keep experimenting by seeing what happens when the string isn’t pulled tight or how different lengths and types of strings modify the sound.

Find more fun activities like this one for free at www.academy.animaljam.com
2-Blue  3-Yellow  4-Red  5-Green

1+1=  
3+1=  
4+0=  
4+1=  
2+3=  
1+4=  
5+0=  
2+2=  
1+3=  
0+4=  
1+2=  
2+0=  
0+3=  
3+1=  
2+1=  
3+0=  
1+2=
SMELLY BALLOONS

Materials
Round balloons in a variety of different colors
Several different scented extracts (such as vanilla) Medicine dropper (optional)
Hand pump for inflating balloons (optional)

Let’s Get Started

Step 1: Put about a half teaspoon of extract in each balloon by pouring carefully or using a medicine dropper. Use a different color balloon for each kind of extract. Blow up the balloons and tie them securely. Give them a shake. A hand pump makes it much easier to inflate the balloons.

Step 2: Kids, investigate the balloons! Smell the balloons.

Ask: Can you figure out which scent is hidden in each balloon?

Step 3: Fill in the activity sheet. Color in the balloons. Next to each one, write the scent that’s hidden inside. You can also jumble the order of the balloon colors and scents, and play a matching game!

Ask: What’s going on? Tiny scent molecules are leaking out of the balloons. They’re too small to see, but you can smell them! Your sense of smell works by identifying the shapes of scent molecules. Molecules are made of particles called atoms that bond together. Everything in the world is made of atoms, including the balloon you’re holding and the scented air inside it. Scent molecules are so small that they can travel through the outside of the balloon. In fact, they’re so tiny that they’re measured in nanometers! (A nanometer is a billionth of a meter.) So if you can smell, your nose is your very own
nano detector! Atoms and molecules Nanotechnologies include new materials and tiny devices so small they are sometimes built from individual atoms and molecules! For example, researchers are creating nano-sized sensors that can sni out very small amounts of chemicals in the air. Some of them work the way your nose does, by detecting the different shapes of molecules.

What’s going on? Tiny scent molecules are leaking out of the balloons. They’re too small to see, but you can smell them! Your sense of smell works by identifying the shapes of scent molecules. Molecules are made of particles called atoms that bond together. Everything in the world is made of atoms, including the balloon you’re holding and the scented air inside it.