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!
Scribble Art

Materials:
- White construction paper
- Colored construction paper
- Markers, crayons, or colored pencils
- Scissors
- Glue stick

Steps
- Members will receive a blank piece of white paper. Then they will use a black marker to make the “scribble” around the whole paper. This will be done without picking up the marker.
- Then, the members will color the individual parts of the scribble with all sorts of different colors.
- After they have colored every piece, they will then cut out the whole design in one piece and then glue it onto the colored construction paper of their choice.
- For the older members, they can be challenged by inputting their name on the scribble and only coloring that. Or, they can create a picture within the scribble.

Overlapping Shapes

Objective:
With parents permission, members will be able to create their own overlapped shapes using just a few items.

Materials Needed:
- Paper.
- Pencil or something to draw with.
- Coloring Material if you want to color when done.
- Shapes—optional

Steps:
- Get parents permission & gather materials.
- Decide what shapes and how you will overlap them.
- Draw your shapes/Picture.
- Color.

As you can see there are many shapes and ways you can overlap. I have put some pictures up for examples and I will include a video as well for reference. Have Fun! Be Creative!

https://youtu.be/VRIIGJEIE-Q
Pocket Folding Fan

MATERIALS NEEDED
1. 3 blank pieces of Paper
2. 2 popsicle sticks
3. Coloring utensils
4. Small hair band (optional)

ACTIVITY

Decorate your paper first or use solid colors. It’s up to you!

Score each paper on the 1/2” mark. You can fold it without scoring, but scoring will help get even folds all the way across.

Accordion fold each piece of paper. Then fold each paper in half.

Using a glue stick or hot glue, adhere each fan piece together until you have one seam left.

OPTIONAL - You can use a mini hair band to hold the popsicle sticks together as shown.

Glue a popsicle stick to each side.
Keep It Moving!

Rules for play
1) Roll the die.
2) Move the number of spaces on the die.
3) When you land on a space with written directions, follow them.
4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.

Start

Finish

Do eight sit ups.

Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!

Jump from side to side as you count to 30.

Oh no! You're out of breath! Lose a turn.

Do seven push ups.

Count to 30 while you run in place.

Head, shoulders, knees, toes: nine times.

Super Skip Move Ahead

You had a great warm up! Move ahead 3.

Warm up by doing 10 jumping jacks.

Oh no! You stopped to watch TV. Go back.

You're full of energy! Take another turn.

Balance on one leg for 15 seconds.

Crab walk AND sing Alphabet Song.

Created by Andrea Thorpe
www.embracinghim.com
Kids Outdoor Fitness Circuit

What you need:
- Sidewalk chalk
- Hula hoop
- Jump rope
- 2 buckets filled w/water
- Scooter or bike
- Stopwatch
- Paper to keep track of time/score

Setup:
Setup 5 stations in an oval shape around your yard and driveway. It can also be a straight line. Space stations as far apart as possible.

Station 1: draw a hopscotch
Station 2: place hula hoop
Station 3: place jump rope
Station 4: place buckets
Station 5: place scooters or bike

Instructions:
Have kids line up at station 1. Each kid will take turns going through the circuit and you will time how long it takes them to complete the circuit. The child with the fastest time wins.

At station 1, kids hop on one leg across the entire hopscotch. At station 2, they hula hoop for 5 rotations. At station 3, they jump rope 5 times. At station 4, they carry the 2 buckets of water, one in each hand, to station 5. At station 5, they get on the bike or scooter and ride back to station 1.
Use the key to decode each of the words.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
<td>E</td>
<td>F</td>
<td>G</td>
<td>H</td>
<td>I</td>
<td>J</td>
<td>K</td>
<td>L</td>
<td>M</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>N</td>
<td>O</td>
<td>P</td>
<td>Q</td>
<td>R</td>
<td>S</td>
<td>T</td>
<td>U</td>
<td>V</td>
<td>W</td>
<td>X</td>
<td>Y</td>
<td>Z</td>
<td></td>
</tr>
</tbody>
</table>

1. DOOF  ENSHI R T Z
   16 8 9 14 5 1 19

2. 3.
   16 8 9 14 5 1 19

4. 5.
   16 8 9 14 5 1 19

6. 7.
   16 8 9 14 5 1 19

8. 9.
   16 8 9 14 5 1 19

10.
   16 8 9 14 5 1 19

11.
   16 8 9 14 5 1 19

www.teachingsquared.com
OLD SCHOOL SECRET MESSAGES

*REMEMBER KIDS ALWAYS ASK PERMISSION BEFORE TRYING ANY EXPERIMENT!*

Materials

- Lemon juice
- A writing implement
- Paper
- Source of heat

What You Do

1. Write a message on the paper using lemon juice as the ink
2. Let the secret message dry
3. Hold paper up to light bulb, sunlight, iron (no steam!) or other source of heat
4. Watch the secret message appear in brown

Did We Learn Anything… Well, yeah. Namely: paper weakened by an intruding element (say, lemon juice) will burn faster than the paper that’s unaffected. The secret message shows up in brown because that part of the paper is beginning to burn!

Some quick tips: cotton balls and Q-tips are great writing implements that can be tossed out after use, apple juice works as well as lemon juice, and be VERY careful when revealing the message!
I can automatically read sight words.

Name: ____________________

Date: ____________________

Color by Code

Directions: Use the color code to correctly color the picture.

- only, cute, clean, shall = brown
- new, show, fall = pink
- soon, round, yellow, bring = purple
- must, first = white
- now, cut = yellow
- should, drink, open, know, find, full = green
- brown, own = blue

---

soon

bring

yellow

round

should

drink

now

show

fall

new

know

must

first

open

full

cut

find

brown

own

shall

drink

open

full

yellow

round

soon

bring

© Kelly Avery
During the last couple of months, many students, families and teachers have had to learn a whole new way of doing “school.” Adults have been juggled with lost jobs or suddenly working at home. The Mini Page offers some ideas for books that will let readers escape, just for a little while.

Summer is a great time to make a great escape! We know that this pandemic is not the first of its kind. “Outbreak! Plagues That Changed History” by Bryn Barnard gives readers a deeper and longer view of the illnesses people have faced, from yellow fever to smallpox.

But as he endures his treatments, making him stand out in the grader whose new “normal” is suddenly working at home, Ross is a seventh-grader whose new “normal” includes being a bully, and readers have all learned a lot about friendship.

*Readers who dive into “Escape This Book! Tombs in Egypt” will have a blast with chapter after chapter of fun.*

• Everything he learns a lot about friendship.
• Readers who dive into “Escape This Book! Tombs in Egypt” will have a blast.
• Students, families and teachers have had to learn a whole new way of doing “school.”
• Adults have been juggled with lost jobs or suddenly working at home.

**Try ’n’ Find**

Words that remind us of summer reading are hidden in this puzzle. Some words are hidden backward or sideways. Words that remind us of summer reading are hidden in this puzzle. Some words are hidden backward or sideways.

**Cook’s Corner**

Lemon Dill Cucumbers

**You’ll need:**
• 1/4 cup white vinegar
• 2 tablespoons white sugar
• 1 tablespoon lemon juice
• 1/2 teaspoon salt

**What to do:**
1. Combine vinegar, sugar, lemon juice and spices in a medium bowl.
2. Add cucumbers and toss with liquid mixture.
3. Chill for 2 hours or more.

**Mini Fact:**
Get free books from the Barnes & Noble summer reading program: bit.ly/MBNsummer

**Mini Jokes**

Ryan: Why didn’t the burglar break into the library? Renee: He was afraid he’d get a long sentence!

**Cook’s Corner**

Lemon Dill Cucumbers

**You’ll need:**
• 1/4 cup white vinegar
• 2 tablespoons white sugar
• 1 tablespoon lemon juice
• 1/2 teaspoon salt

**What to do:**
1. Combine vinegar, sugar, lemon juice and spices in a medium bowl.
2. Add cucumbers and toss with liquid mixture.
3. Chill for 2 hours or more.

4. Lay in a serving dish and serve.

© 2020 Comix One LLC — www.myvocabulary.com
MY NAME IS _______________.

I AM ______ YEARS OLD!

I AM IN _____ GRADE THIS YEAR!

MY TEACHER IS _______________.

THIS IS ME
What was your favorite?

<table>
<thead>
<tr>
<th>LUNCH?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>MOMENT?</td>
<td></td>
</tr>
<tr>
<td>THING YOU LEARNED?</td>
<td></td>
</tr>
<tr>
<td>FIELD TRIP?</td>
<td></td>
</tr>
</tbody>
</table>
Draw or write about your favorite moments from the school year! Write a caption to your picture on the bottom of the photograph.