CLUB ON THE GO

Club Programming You Can Do At Home

For Teens

BOYS & GIRLS CLUBS
OF PUEBLO COUNTY
# Physical Fitness Activity Log

**Week of: ___________**

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

**Goal = 60 minutes’ daily**

**Name: _________________**

**Club: _________________**

**Total # of minutes: _______**

**Parents Signature: _______**

_GREAT FUTURES START HERE._

**BOYS & GIRLS CLUBS OF PUEBLO COUNTY**
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

FRUIT + LOW-FAT YOGURT

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.
Create Your Own Ladybug

Color and cut out all the shapes
Use glue/tape 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

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!
Directions:

Simplify the fractions in the circle. Use the code below to determine which color to use:

- \( \frac{1}{2} \) - Yellow
- \( \frac{1}{5} \) - Pink
- \( \frac{3}{4} \) - Light Green
- \( \frac{1}{3} \) - Orange
- \( \frac{2}{3} \) - Dark Green
- \( \frac{3}{5} \) - Red
- \( \frac{2}{5} \) - Light Blue
- \( \frac{1}{6} \) - Purple
- \( \frac{1}{4} \) - Dark Blue

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Wellness Activities

**Physical**
- Sleep
- Stretch
- Walk
- Healthy Food
- Yoga

**Emotional**
- Journal
- Manage
- Stress
- Mindfulness

**Intellect**
- Reading
- Learn new skill
- Expand
- Knowledge

**Social**
- Building + Friendships
- Family
- Bonding
- Support
- Systems

**Space**
- Organized
- Area
- Declutter
- Safety

**Spiritual**
- Meditate
- Manifest
- Affirmations
- Practice
- Gratitude
- Journal

**Vocational**
- Time
- Management
- Positive work place
- Break Time

**Financial**
- Budgeting
- Paying Bills
- Investing
- Saving
<table>
<thead>
<tr>
<th>5 things I love about myself</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
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<tr>
<td>5.</td>
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</tbody>
</table>

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<tr>
<th>3 things I accomplished this week</th>
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<tr>
<td>1.</td>
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<td>2.</td>
</tr>
<tr>
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<table>
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<th>3 things I want to accomplish this week</th>
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<td>1.</td>
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<td>2.</td>
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<th>My week in feelings</th>
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<td>2.</td>
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Always remember to love yourself!

A compliment to myself:
STAY-AT-HOME SELF-CARE COLORING BOOK

@selfcareisforeveryone
What is something you need right now?

@selfcareisforeveryone
Create space for yourself
AS YOU WASH YOUR HANDS, CONSIDER USING THIS TIME TO FOCUS ON YOUR BREATH, SAY A MANTRA, OR SIMPLY FOCUS ON SOMETHING THAT MAKES YOU FEEL GRATEFUL.

1. Palm to palm
2. Right palm over left dorsum, left palm over right dorsum.
3. Palm to palm, fingers interlaced.
4. Backs of fingers to opposing palms with fingers interlaced.
5. Rotational rubbing of right thumb clasped over left palm & left thumb over right palm.
6. Rotational rubbing backwards and forwards, with clasped fingers of right hand in palm of left hand and vice-versa.

Hands and wrists rubbed till end of 10 sec period. The number of strokes in each step is five.

@selfcareisforeveryone
YOU ARE NOT ALONE.

@selfcareisforeveryone
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Coping Skills</td>
<td>Processing Coping Skills</td>
<td>Distract yourself</td>
<td>Try Heart Breathing</td>
<td>Write</td>
<td>Emotional Awareness</td>
<td>Opposite Action</td>
<td>Physical, Mental, Emotional, &amp; Social health is very important during this time</td>
</tr>
<tr>
<td>Hold a small rock</td>
<td>Make a Worry Box</td>
<td>Puzzles</td>
<td>Breathe in for 3 counts</td>
<td>In a journal</td>
<td>Identify &amp; Express feelings</td>
<td>Doing something the opposite of your impulse that’s consistent with a more positive emotion</td>
<td>Screenshot this post to see how many you complete this week</td>
</tr>
<tr>
<td>Use a fidget</td>
<td>Talk to someone you trust</td>
<td>Books</td>
<td>Breathe out for 3 counts</td>
<td>Poetry</td>
<td>Writing supplies</td>
<td>Affirmation and inspirations</td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td>Create a playlist</td>
<td>Artwork</td>
<td></td>
<td>Songs</td>
<td>Chart your emotions</td>
<td>Something funny or cheerful</td>
<td></td>
</tr>
<tr>
<td>Jump Rope</td>
<td>Use &quot;I&quot; statements</td>
<td>Word Search</td>
<td></td>
<td>Feeling</td>
<td>Daily mood check-in</td>
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<td>Movies</td>
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