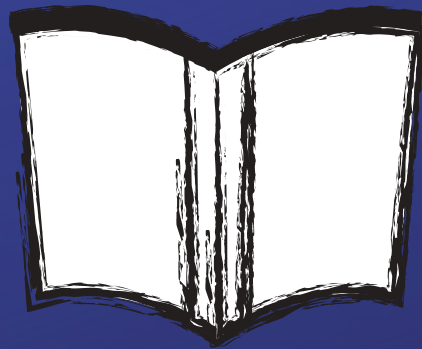


CLUB ON THE GO

Club Programming You
Can Do At Home
For Teens



BOYS & GIRLS CLUBS
OF PUEBLO COUNTY



Physical Fitness Activity Log

Week of: _____

Day & Date	Activity # of Minutes Completed	Activity # of Minutes Completed	Activity # of Minutes Completed	Total # of Minutes Completed
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



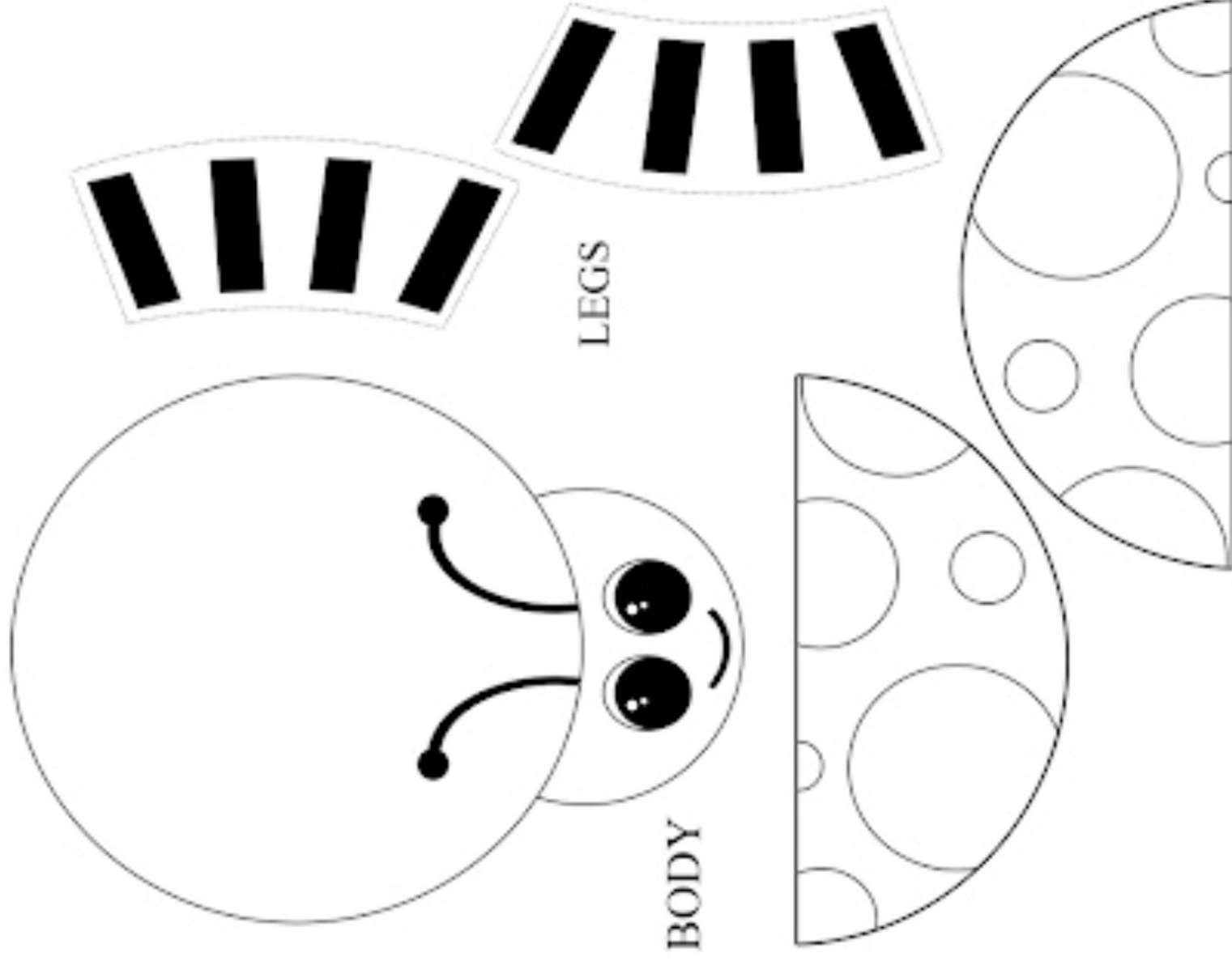
BEAN DIP + BAKED CHIPS



* 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, water-color, 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!



Simplifying Fractions

Name: _____

Date: _____

Period: _____

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

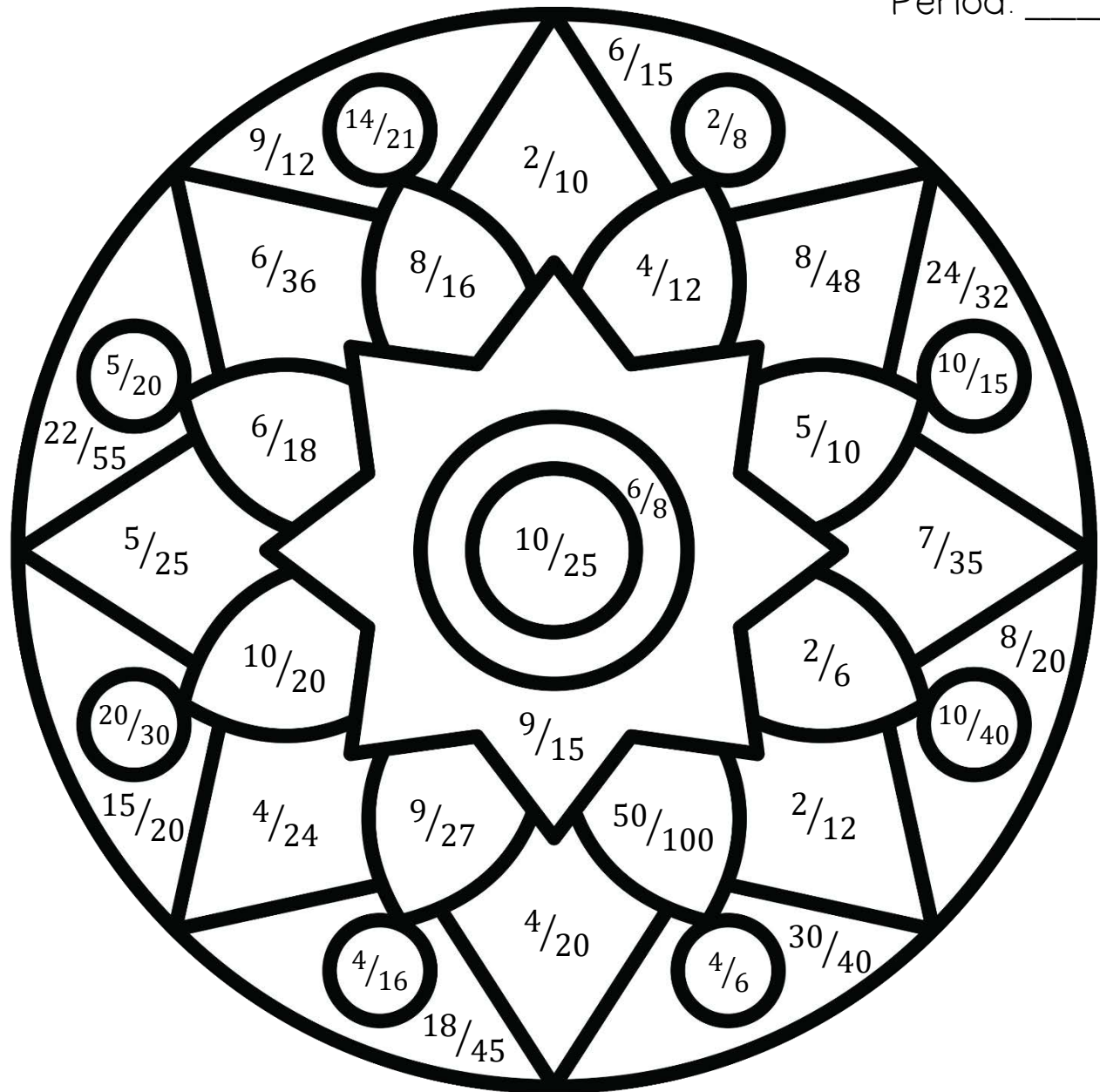
$\frac{2}{3}$ - Dark Green

$\frac{3}{5}$ - Red

$\frac{2}{5}$ - Light Blue

$\frac{1}{6}$ - Purple

$\frac{1}{4}$ - Dark Blue



Wellness Activities



PHYSICAL

Sleep
Stretch
Walk
Healthy Food
Yoga



EMOTIONAL

Journal
Manage
Stress
Mindfulness



INTELLECT

Reading
Learn new
skill
Expand
Knowledge



SOCIAL

Building +
Freindships
Family
Bonding
Support
Systems



SPACE

Organized
Area
Declutter
Safety



SPIRUTUAL

Meditate
Manifest
Affirmations
Practice
Gratitude
Journal



VOCATIONAL

Time
Management
Positive
work place
Break Time



FINANCIAL

Budgeting
Paying Bills
Investing
Saving



LIVING MY BEST SELF

YOU ARE AWESOME



5 things I love about myself

- 1.
- 2.
- 3.
- 4.
- 5.

3 things I accomplished this week

- 1.
- 2.
- 3.

3 things I want to accomplish this week

- 1.
- 2.
- 3.

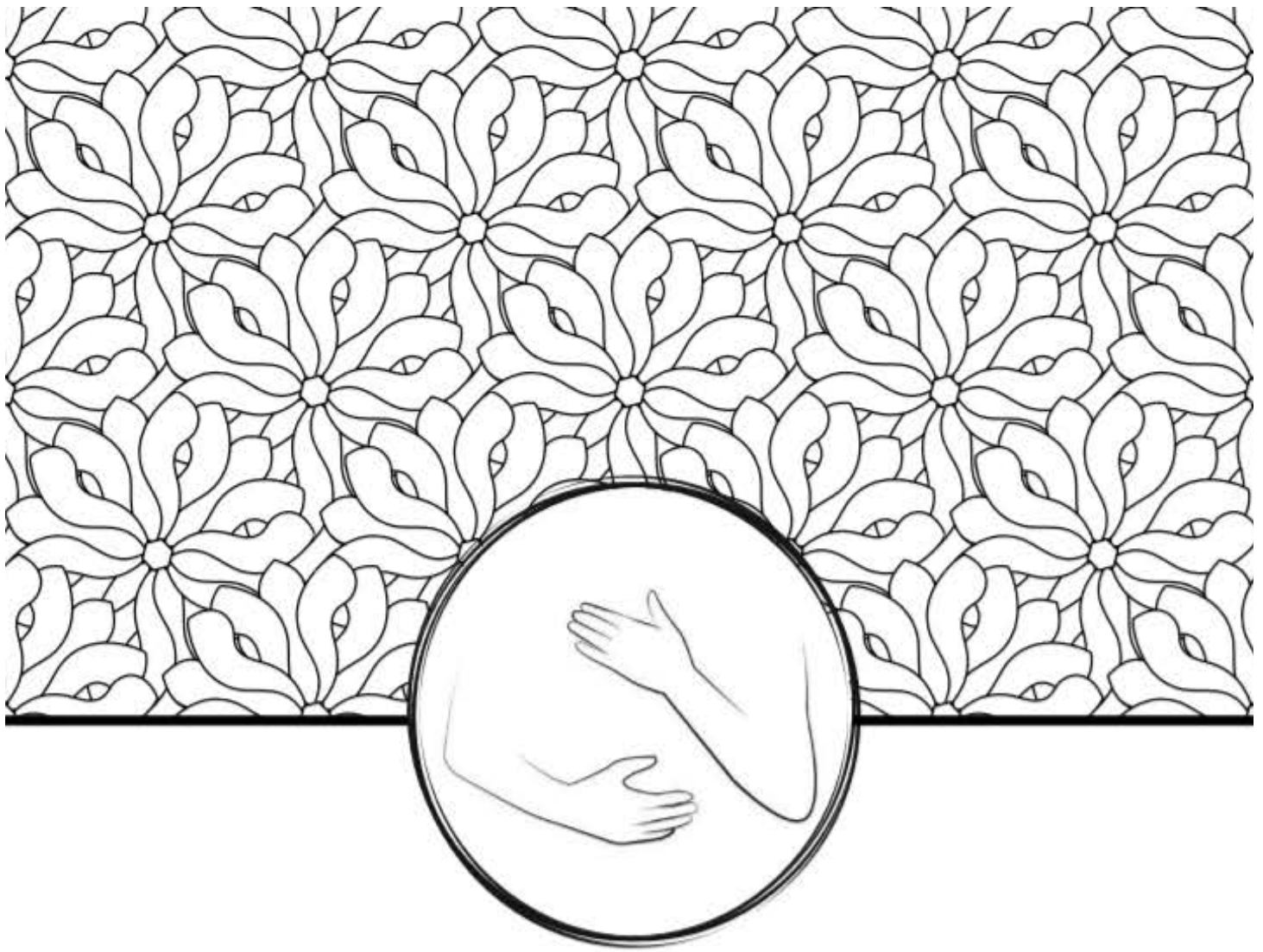
My week in feelings

- 1.
- 2.
- 3.
- 4.
- 5.

Always remember
to love yourself!



A compliment to myself:



STAY-AT-HOME SELF-CARE COLORING BOOK

@selfcareisforeveryone



What is something
you need right now?

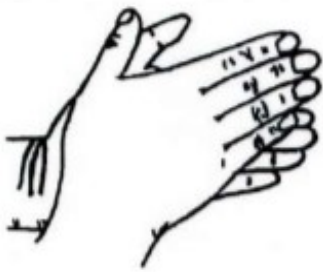
@selfcareisforeveryone



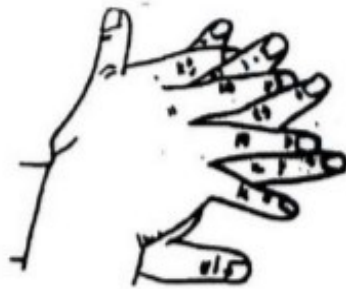


@selfcareisforeveryone

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.



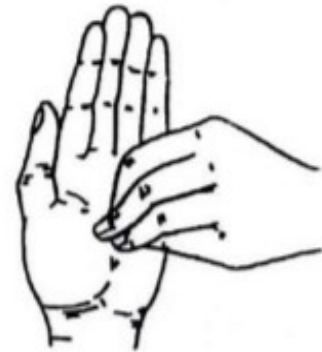
3. Palm to palm, fingers interlaced.



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.

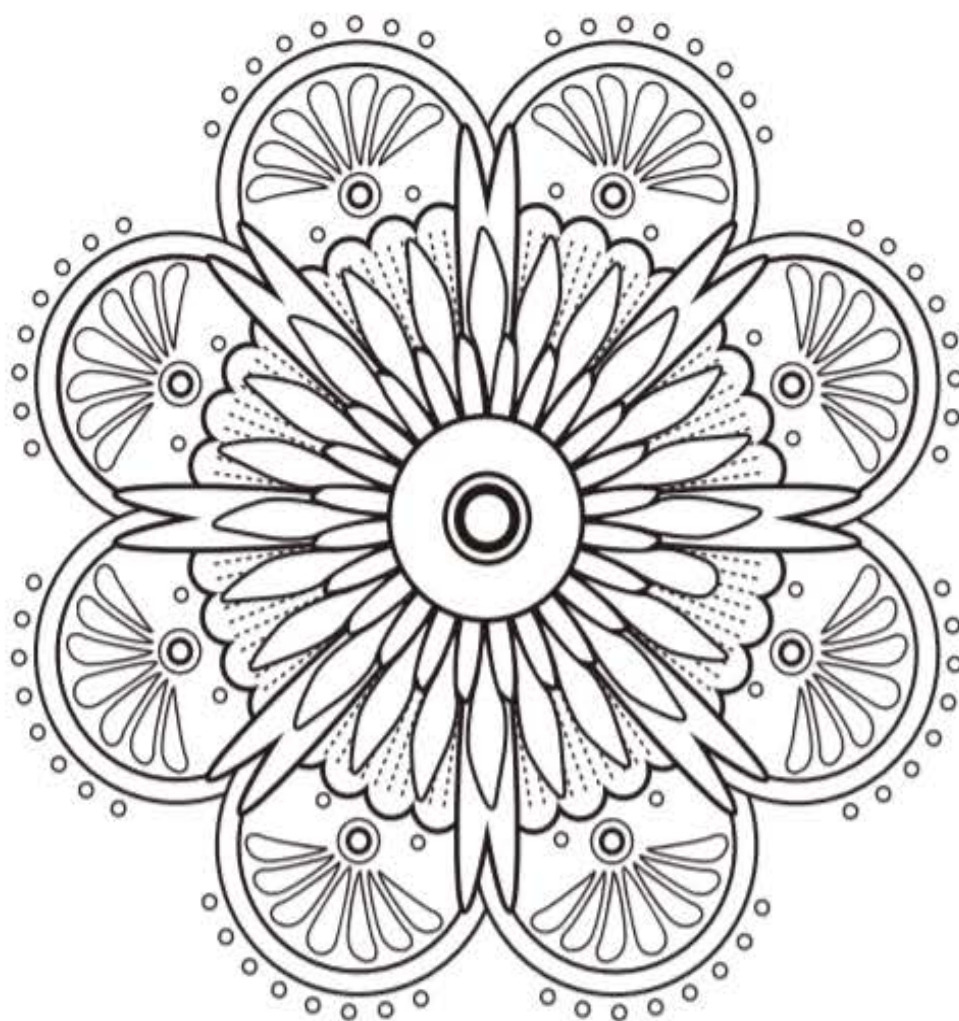


6. Rotational rubbing backwards
and forwards with clasped
fingers of right hand in palm
of left hand and vice-versa.

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

MONDAY

Physical Coping Skills

- Hold a small rock
- Use a fidget
- Exercise
- Jump Rope
- Yoga

TUESDAY

Processing Coping Skills

- Make a Worry Box
- Talk to someone you trust
- Create a playlist
- Use "I" statements

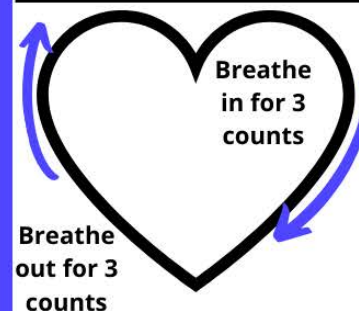
WEDNESDAY

Distract yourself

- Puzzles
- Books
- Artwork
- Word Search
- Music
- Movies

THURSDAY

Try Heart Breathing



FRIDAY

Write

- In a journal
- Poetry
- Songs
- Feeling
- Daily planner

SATURDAY

Emotional Awareness

- Identify & Express feelings
- Writing supplies
 - Chart your emotions
 - Daily mood check-in

SUNDAY

Opposite Action

- Doing something the opposite of your impulse that's consistent with a more positive emotion
- Affirmation and inspirations
 - Something funny or cheerful

NOTES

- Physical, Mental, Emotional, & Social health is very important during this time
- Screenshot this post to see how many you complete this week

**JUNE
15TH
-
21ST**



BOYS & GIRLS CLUBS
OF PUEBLO COUNTY

WEEKLY SELF-CARE CHECKLIST