CLUB ON THE GO
Club Programming You Can Do At Home
For Teens

BOYS & GIRLS CLUBS OF PUEBLO COUNTY
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.

Glue a popsicle stick to each side.

OPTIONAL – You can use a mini hair band to hold the popsicle sticks together as shown.
Keep It Moving!

Finish

Do eight sit ups.

Your laces are untied! Go back to Start.

Crab walk AND sing Alphabet Song.

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.

Count to 30 while you run in place.

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

You had a great warm up! Move ahead 3.

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

Balance on one leg for 15 seconds.

Warm up by doing 10 jumping jacks.

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.

Head, shoulders, knees, toes: nine times.

Super Skip Move Ahead

You’re full of energy! Take another turn.

Start
<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Relief</td>
<td>Self-Care</td>
<td>Be Resilient</td>
<td>5 Senses Grounding Tool</td>
</tr>
<tr>
<td>- Learn to avoid procrastination</td>
<td>- Make a smoothie</td>
<td>- Build positive beliefs in your abilities</td>
<td>- <strong>5 things you can see</strong></td>
</tr>
<tr>
<td>- Meditate for 10 minutes</td>
<td>- Write 10 positive affirmations</td>
<td>- Nurture yourself</td>
<td>- <strong>4 things you can feel</strong></td>
</tr>
<tr>
<td>- Take a moment to gaze out of the window</td>
<td>- Journal</td>
<td>- Establish goals</td>
<td>- <strong>3 things you can hear</strong></td>
</tr>
<tr>
<td></td>
<td>- Create a vision board on Pinterest</td>
<td>- Maintain a hopeful outlook</td>
<td>- <strong>2 things you can smell</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>FRIDAY</strong></th>
<th><strong>SATURDAY</strong></th>
<th><strong>SUNDAY</strong></th>
<th><strong>NOTES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenge</td>
<td>Be Aware</td>
<td>Focus</td>
<td></td>
</tr>
<tr>
<td>- Try a new 30 challenge</td>
<td>- Ask for feedback</td>
<td>- Create a mind map</td>
<td>- Physical, Mental, Emotional, &amp; Social health is very important during this time</td>
</tr>
<tr>
<td>- Photo</td>
<td>- Recognize strengths &amp; weaknesses</td>
<td>- Monitor sleep quality</td>
<td>- Screenshot this post to see how many you complete this week</td>
</tr>
<tr>
<td>- Fitness</td>
<td>- Self-reflect</td>
<td>- Take purposeful breaks</td>
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<tr>
<td>- Self-Care</td>
<td>- Monitor self-talk</td>
<td>- Improve attentive listening skills</td>
<td></td>
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<tr>
<td>- Song</td>
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<tr>
<td>today is</td>
<td>must do</td>
<td></td>
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<tr>
<th>top 3</th>
<th>go here</th>
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<table>
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<tr>
<th>self-care &amp; health</th>
<th>meals</th>
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<tr>
<th>call/emails</th>
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Use the key to decode each of the words.

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<tr>
<th>1</th>
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<td>I</td>
<td>J</td>
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<td>W</td>
<td>X</td>
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<td>Z</td>
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1. DOOF ENSHMI R T Z

2. 3. 

4. 5. 

6. 7. 

8. 9. 

10. 11.
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 challenged 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!

Adults have been challenged with lost jobs or suddenly working at home. Students, families and teachers have had to remain behind. Even in the face of danger, Peter’s love for Pax overcomes his fear.

• R eaders who dive into “Pax.” by Melisa de la Cruz shares the girlhood stories of a high-achievers in their fields.
• One of the lessons of the COVID-19 pandemic is empathy: the ability to share another person’s feelings. “What is Empathy? A Bullying Storybook for Kids” by Amanda Morris offers an excellent read. When readers can see conflicts from both sides, then learn to show kindness for others.
• 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.
• Want to entertain your family while you’re all stuck at home? “A Whole Lotta Knock-Knock Jokes” by Mike and Heathcatherine Spar will get everyone giggling.

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Cook's Corner

Lemon Dill Cucumbers

You’ll need:
• 1/2 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.

For later:
Will you read any of these books this summer? Compare your choices with your brothers and sisters.

Discover the fun while sharing her journey.

Mould. There’s more inside than bacteria, with up-close looks at viruses, fungi and other tiny building blocks of our world.

Matt Hayward and Doogie Horner presents: “Kid Authors: True Tales of Childhood” by Melissa de la Cruz shares the girlhood stories of a high-achievers in their fields.

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Teachers:
For standards-based activities to accompany this feature, visit bit.ly/MPstandards. And follow The Mini Page on Facebook!

Try ‘n’ Find

Words that remind us of summer reading are hidden in this puzzle. Some words are hidden backward or diagonally. See if you can find:

**ADVENTURE**, ANXIOUS, **AUTHOR**, BOOKS, EMPATHY, ESCAPE, FUN, HOME, ILLUSTRATOR, INTERACTIVE, JOKE, KITCHEN, LAUGHL, NORMAL, PANDEMIC, READING, SCHOOL, SCIENCE, SUMMER, WOMEN.

Eco Note

Thousands of migrating swallows and swifts were found dead across parts of Greece during the first week of April after they were killed by fresh high winds and downpours. Others have been found gravely injured. Ornithologists blamed currents that blew the birds from northern Africa. Others were found gravely injured.

**Mini Jokes**

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

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**Comma Placement**

<table>
<thead>
<tr>
<th></th>
<th>As we reflect on this year let’s remember everything we have learned.</th>
<th>As we reflect on this year, let’s remember everything we have learned.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>BROWN</strong></td>
<td><strong>BLUE</strong></td>
</tr>
<tr>
<td>2</td>
<td>We laughed on many days when we were in math class.</td>
<td>We laughed on many days, when we were in math class.</td>
</tr>
<tr>
<td></td>
<td><strong>BROWN</strong></td>
<td><strong>GREEN</strong></td>
</tr>
<tr>
<td>3</td>
<td>Let’s remember everything we have learned as we reflect on this year.</td>
<td>Let’s remember everything we have learned, as we reflect on this year.</td>
</tr>
<tr>
<td></td>
<td><strong>PURPLE</strong></td>
<td><strong>BLUE</strong></td>
</tr>
<tr>
<td>4</td>
<td>Since we are having a party, could you bring chips to share?</td>
<td>Since we are having a party could you bring chips to share?</td>
</tr>
<tr>
<td></td>
<td><strong>ORANGE</strong></td>
<td><strong>BLACK</strong></td>
</tr>
<tr>
<td>5</td>
<td>Though we must soon say goodbye, I am happy to have known you.</td>
<td>Though we must soon say goodbye I am happy to have known you.</td>
</tr>
<tr>
<td></td>
<td><strong>YELLOW</strong></td>
<td><strong>GREEN</strong></td>
</tr>
<tr>
<td>6</td>
<td>Because we have so much free time I plan to go swimming every day this summer.</td>
<td>Because we have so much free time, I plan to go swimming every day this summer.</td>
</tr>
<tr>
<td></td>
<td><strong>RED</strong></td>
<td><strong>GREEN</strong></td>
</tr>
<tr>
<td>7</td>
<td>I plan to go swimming every day this summer because we have so much free time.</td>
<td>I plan to go swimming every day this summer, because we have so much free time.</td>
</tr>
<tr>
<td></td>
<td><strong>RED</strong></td>
<td><strong>PURPLE</strong></td>
</tr>
<tr>
<td>8</td>
<td>Many of us feel a mix of sadness and happiness at the end of the year.</td>
<td>Many of us feel a mix of sadness and happiness, at the end of the year.</td>
</tr>
<tr>
<td></td>
<td><strong>BLACK</strong></td>
<td><strong>GREEN</strong></td>
</tr>
</tbody>
</table>
DIRECTIONS: Determine which sentence in each set has correct comma placement. Find the question number in the picture and color each section with the color that corresponds to your answer. You'll be able to tell you're correct if your picture looks like the key.

Comma Placement
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!
strength check in

MENTAL HEALTH

FAMILY SUPPORT

POSITIVE FRIENDS

MENTORS

MEDICAL ACCESS

SPIRITUALITY

GENTROSITY

HEALTHY ACTIVITIES

DIRECTIONS: USING THE WORD BANK & EVERYONE’S CREATIVITY, HAVE EACH PERSON IN YOUR FAMILY WRITE DOWN ALL THE DIFFERENT WAYS YOU CAN PRACTICE STRENGTH. HAVE EACH PERSON GRAB A MARKER & COLOR IN THE ACTIVITIES THEY HAVE DONE RECENTLY.
Be Kind

Let your Light Shine

you are amazing!!