Hello Incredible Club Member!

We are sad we cannot see you in person today, but we hope you love these fun activities. We miss you and will see you soon!
PARENTS: PLEASE READ

We are sad we cannot serve you in-person today. The safety of our Club members and staff is very important. We hope you enjoy this packet of activities. In addition to these resources, we have the following available for you:

- **Food**: We will be conducting food curbside pickups at the Main Club site located at 1200 N 7th Street. Please check our Remind App to RSVP for # of meals for kids 5-18 yrs. old and social media pages for updates.

- **Other Assistance**: We know this time can be difficult for working families. Please be sure to communicate your needs to your home Club and we will see about connecting you to the many community resources available.

BGC Main Site: 573-874-1697
Remind App: Text bgcccomo to 81010 for updates from the Club

We miss you and will see you soon!
Our commitment to keeping the young people we serve safe is always our number one priority. Following the Coronavirus disease (COVID-19) outbreak, it's important that you know Boys & Girls Clubs of Columbia is doing everything possible to keep your child, our staff and volunteers protected from its spread. We are also closely monitoring reports from the Centers for Disease Control and Prevention (CDC), our local health department, and our school district for all updated information. As a reminder, we recommend preventive actions every family should take to prevent exposure to COVID-19.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask:
  - The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often:
  - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. It takes an average of 11.8 seconds to sing the entire Happy Birthday song, so if you sing it twice, that will ensure you’ve scrubbed long enough. This is a great method to share with children in your family. While this measure is simple, it is effective.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. For more information about hand washing, see CDC’s Handwashing website.

Please know that we are working hard to ensure safety for all kids, families, staff, and volunteers. We will keep you updated and are so grateful for your patience. Should you have any questions or concerns about this or any other matter, please do not hesitate to contact our main office (573-874-1697 or valorie@bgc-columbia.org). Our commitment to you and your children is unwavering.

Sincerely,

Valorie Livingston
Executive Director
With MyFuture, Clubs can reach young people online to provide rich opportunities for fun, learning and positive youth development.

Here’s How It Works for Youth:

• MyFuture is a platform designed to engage youth across BGCA’s program areas. Youth ages 10 and older take part in 21st century learning activities including STEM, leadership, career exploration and much more.
  • There is a website and a mobile platform

• Club members register for accounts, which must be approved by staff. Members can then save their work and access the platform from any computer or mobile device.

• The accounts that you create and the work you upload require staff approval. This review ensures your safety while you are online

Go here to register your account:  https://myfuture.net/registration

Please select Boys & Girls Clubs of the Columbia Area as your site

Ms. Flor will approve your registration & set up activities for you to do! You can collect fun badges along the way!

Whoever can collect the most badges by the time we reopen the Club will win a PRIZE!!
Academic Resources

ABC Mouse (ages 2-8) is offering free membership Code: SCHOOL7771 www.abcmouse.com

ABC Ya: www.abcyac.com

Boston Children’s Museum: https://www.bostonchildrensmuseum.org/museum-virtual-tour

Cincinnati Zoo Home Safari: https://www.facebook.com/cincinnatizoo/

Discovery Channel Field Trips: https://www.soarwithwings.com/videos/virtual-field-trip

Fun Brain: www.funbrain.com

Great Wall of China: https://www.thechinaguide.com/destination/great-wall-of-china

Highlights for Kids: www.highlightskids.com

Into the Book: www.readingecb.org


Mars Tour: https://accessmars.withgoogle.com/
   360 Mode: https://accessmars.withgoogle.com/

Metropolitan Museum of Art https://artsandculture.google.com/partner/the-metropolitan-museum-of-art

Monterey Bay Aquarium: https://www.montereybayaquarium.org/animals/live-cams


NASA Media Library https://www.diyphtography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/

Nat Geo for Kids: www.kids.nationalgeographic.com


PBS Kids: www.pbs.org
San Diego Zoo: https://kids.sandiegozoo.org/

Scholastic Books Learning at Home: www.scholastic.com/learningathome

Star Fall (phonics): www.starfall.com

Storyline Online (stories read aloud): www.storylineonline.net

Suessville: www.suessville.com

Switcheroo Zoo (learn about animals): www.switcheroozoo.com

Uffizi Gallery, Florence Italy https://artsandculture.google.com/partner/uffizi-gallery?hl=en

US Space and Rocket Museum: https://www.youtube.com/watch?v=9Qe5RgyMNhC


Yellowstone National Park Virtual Field Trip: 
https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm
  Mud Volcano: https://www.nps.gov/thingstodo/yell-mud-volcano-trails.htm

Misc

Atlantic White Shark Conservancy

Join us on Facebook Live every day this week at 10AM (EST) for Shark Story Hour. Each day we will be reading a new shark themed book followed by a shark Q/A session.

https://www.facebook.com/atlanticwhiteshark

150+ Educational Shows on Netflix
https://homeschoolhideout.com/educational-shows-on-netflix/


Les Mills Workouts: [https://watch.lesmillsdemand.com/at-home-workouts/season:1](https://watch.lesmillsdemand.com/at-home-workouts/season:1)

Y360 (YMCA virtual classes):
[https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A](https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A)


**Support**

**MU Healthcare - Telehealth:**

[https://muhealthvideovisits.org/landing.htm](https://muhealthvideovisits.org/landing.htm)
With video visits, providers can treat: Cold/flu, Sore throat, Fever, Abdominal pain, Sinus infection, Pink eye, Ear infection, Migraines. Providers offering video visits are not affiliated with MU Health Care. Patients only need access to a computer, tablet or smartphone with camera and audio. Each visit costs $10.

**Tiger Hotel:** pop-up shop 12-6pm in their ballroom with essential dry goods & cleaning supplies – 23 S 8th Street Columbia

**Spectrum Free Internet**

With school systems across the US closing down in response to the coronavirus pandemic, Spectrum says it will provide free internet access to students who currently don't use its service. The company will install broadband and WiFi in new student households free of charge and provide access for 60 days. The offer is available to families with both K-12 and college students.

**Infant and Toddler Resources**

**First Chance For Children**
**Phone: (573) 777-1815**
Diapers and wipes are being delivered to families in need. Please contact First Chance for Children for support.
Food Resources
Central Food Pantry
1007 Big Bear Boulevard
Call (573) 874-7848
Any Columbia or Boone County resident looking for help with food can receive it free of charge at Central Pantry. Central Pantry is offering a drive-in option available to all who need help with food. People visiting Central Pantry may come with their vehicle, answer a few brief questions in the parking lot, and receive an allotment of food. Those without a vehicle may go into the waiting room to sign in. The Sharing Room will be set up on the sidewalk at the front of the building.

Beet Box Restaurant
602 Fay Street
Call (573) 999-3889
Tuesday-Saturday, 10:00am-8:00pm
If you are a student or family effected by school closures and are no longer guaranteed a clean and healthy meal, please stop by between 10AM-8PM Tuesday-Saturday for a free meal. No other purchases necessary. Call first if you'd like curbside delivery and would rather not come inside, but please just come by.
In addition, if you are a Health Care Professional, please stop by between 10AM-8PM Tuesday-Saturday for a free meal. We see you, we appreciate you, and we know you'll need the energy. Let us know if there's a shift that all needs a boost and we'll see what we can do about delivering some refreshments to you.
Gratitude
Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
   a. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
   a. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love
Would you rather take an art class or a music class?

Would you rather eat fruits or vegetables?

Would you rather go snorkeling or kayaking?

Would you rather go on a hot air balloon or an airplane?

Would you rather eat cake or ice cream?

Would you rather have a pet snake or a pet tarantula?

Would you rather watch a comedy or a scary movie?

Would you rather live in the mountains or by the beach?

Would you rather be a bird or a fish?

Would you rather camp in a tent or in a camper?

Would you rather eat spaghetti or tacos?

Would you rather drink orange juice or apple juice?

Would you rather wear boots or tennis shoes?

Would you rather go to the zoo or the park?

Would you rather meet Santa or the Easter Bunny?

Would you rather be too hot or too cold?

Would you rather be a police officer or a fireman?

Would you rather read books or write stories?

Would you rather be a ballerina or a gymnast?

Would you rather have a puppy or a kitten?

Would you rather go mountain climbing or skydiving?

Would you rather jump off a diving board or go down a slide?

Would you rather be a pilot or a pirate?

Would you rather play baseball or soccer?

Would you rather be a lion or a tiger?

Would you rather be an actor or a comedian?

Would you rather have a tail or elf ears?

Would you rather have a playhouse or a trampoline?

Would you rather have a pony or a monkey for a pet?

Would you rather be very smart or very lucky?

Would you rather be able to travel into the future or into the past?

Would you rather have wings or a jetpack?
SPELL YOUR NAME

AND GET MOVING!

A: 10 BURPEES
B: 20 PUSH UPS
C: 35 JUMPING JACKS
D: 1 MINUTE PLANK
E: 20 SQUATS
F: 1 MINUTE WALL SIT
G: 20 BURPEES
H: 30 PUSH UPS
I: 20 ARM CIRCLES
J: 30 CRUNCHES
K: 25 SQUATS
L: 30 ARM CIRCLES
M: 45 SECOND PLANK
N: 15 PUSH UPS
O: 2 MINUTE WALL SIT
P: 25 JUMPING JACKS
Q: 15 BURPEES
R: 20 SQUATS
S: 30 CRUNCHES
T: 20 ARM CIRCLES
U: 1 MINUTE PLANK
V: 25 SQUATS
W: 20 PUSH UPS
X: 45 SECOND PLANK
Y: 30 JUMPING JACKS
Z: 20 ARM CIRCLES

momontheside.com
QUICK MEMBER CHECK-IN

If you need a quick break, try these!

Elephant Breathing:
Stand with your feet wide apart and your arms dangling in front of your body like an elephant’s trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

Bubble Breathing:
Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

WE ARE EXCITED TO SEE YOU SOON!
WASH YOUR HANDS!
QUICK MEMBER CHECK-IN

How are you feeling right now?

Some things for you to remember:
WE LOVE YOU!
WE MISS YOU!
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HELLO!

I am a VIRUS, cousins with the Flu and the Common Cold

My name is Coronavirus
I love to travel...

and to jump from hand to hand to say Hi
Have you heard about me?

Yes ☐ No ☐

And how do you feel when you hear my name?

Relaxed ☐ Confused ☐ Worried ☐

Curious ☐ Nervous ☐ Sad ☐
I can understand you feel...

...I would feel the same way
Sometimes adults get worried when they read the news or see me on TV

THAT’S ME!
But I am going to explain myself...

So you can understand...
When I come to visit, I bring...

Difficulty breathing

fever

Cough
But I don’t stay with people for long, and almost everyone gets better

Just like when you get a scrape on your knee and it heals

BYE BYE...
Don't you worry!

The adults who take care of you:

will keep you safe
And you can help...

1. By washing your hands with soap and water while singing a song

   You can sing your favorite song, the happy birthday song, or the alphabet song

2. By using hand sanitizer and letting it dry on your hands

   Without moving them count to 10

   1, 2, 3, 4, 5, 6, 7, 8, 9, 10

   Once your hands are dry you can get back to playing!!
If you do all that
I will not come to visit

while the doctors work to find a vaccine
that will allow me to say hi
without getting you sick.
THE END

Download this PDF here:

www.mindheart.co/descargables

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