

# Virtual Club Seniors (3-5)

## Arts & Crafts and Life Skills

Ms. Cheri

[choward@bgclubcab.org](mailto:choward@bgclubcab.org)



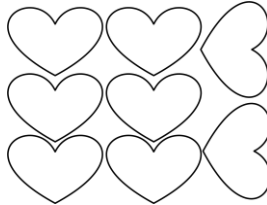
Week of May 4-8

### Activity: Mother's Day Wind Chime

Supplies Provided: Big heart templet, small heart templet, and string that can be cut and used.

Things needed at home: Glue, scissors

Directions: In the big heart write Happy Mother's Day. On the small hearts write something you love about your mother. Once your done take the string that was provided and hang the small hearts from the big hearts.



### Activity: Scavenger Hunt

Supplies Provided: Items to find in your home

Directions: Look for the items that are on the list. Once you find all you can find take one photo of everything and email it to me. If you find everything that is on the list, you will win a prize deadline. May 15th at 12:00 noon. Prize is a HANDHELD WATER GAME OR A SKIP IT!

*-A DVD; A candle; A flashlight; A puzzle; A sandal; A stamp; A bag a baby wipes; A newspaper; A 1-gallon ice cream bucket; A Highlighter; deck of card; A ruler; A video game controller; A pair of gloves.*

### Activity: Zumba

Directions: Go to the website provided and participate in the Zumba workout

<https://www.youtube.com/watch?v=FHo9QaJ1DyI>



# Virtual Club Seniors (3-5)

## Game Room

Ms. Cheri

[choward@bgclubcab.org](mailto:choward@bgclubcab.org)



May 4-8

### Activity: Car Rush Racing Game

Directions: Go to [www.arkadium.com](http://www.arkadium.com) . Then click on the search button and type in Car Rush Racing Game and it should appear with a yellow car. There are challenges already set in place when you began.

### Activity: Word Whip

Directions: Go you [www.arkadium.com](http://www.arkadium.com) . Then click on the search button and type in Word Whip and it should appear in a purple box with letters. See how many words you can spell in any and every direction.

# Virtual Club Seniors (3-5)

Gym Gems

Coach Davis

[georgia4321@yahoo.com](mailto:georgia4321@yahoo.com)



Week of May 11-15

## Rollie Ball

Supplies provided in this packet:

Things needed at home: Wiffle Ball (Dicks Sporting Goods \$6 drive up pick up) or create your own with an old broom or mop handle. Plastic Ball, Tennis Ball, or other soft ball.

Directions:

Find an open/safe area to play. One player starts as the batter and all others start in the field, spread out. The batter tosses the ball in the air to hit it toward the fielders. He/she then lays the bat longways on the ground facing the fielders. The fielder that fields the ball then tries to throw the ball across the bat. If the ball rolls over the bat, the fielder gets to be the batter. If the rolled ball stops within 5 feet of the bat, the batter holds the bat upright and the fielder will attempt to throw the ball and hit the bat. If the ball hits the bat the fielder then gets to bat.

**WATCH COACH DAVIS PLAY ROLLIE BALL ON THE BOYS & GIRLS CLUB'S FACEBOOK PAGE!**

# Virtual Club Seniors (3-5)

## Technology Center

Ms. Williams

[twilliams@bgclubcab.org](mailto:twilliams@bgclubcab.org)



Week of May 11-May 15



Visit this website: [https://www.abcya.com/games/hydro\\_logic](https://www.abcya.com/games/hydro_logic)

Hydro Logic is a splashy puzzle game that teaches the Water Cycle, also known as the Hydrologic Cycle! Navigate our wet little friend Enki to the goal in each level. Enki is liquid at room temperature, but can transform into gas and solid forms. You'll need to use all of these different forms to get to the end of the puzzle.

Directions:

- Log in: [https://www.abcya.com/games/hydro\\_logic](https://www.abcya.com/games/hydro_logic)
- Click Play
- Click Play again
- Select Level - Introduction

# Virtual Club Seniors (3-5)

## Learning Center

Ms. Williams

[twilliams@bgclubcab.org](mailto:twilliams@bgclubcab.org)



Week of May 11-May 15

### Water STEM Lab Activity



**Supplies provided in this packet:** 3 test tubes, 3 litmus test strip for testing water sample, 1 Stem Log Book

#### **Things needed at home:**

- Tap water
- Vinegar (add  $\frac{1}{4}$  teaspoon of vinegar to a tube of water. Stir or shake to dissolve.)
- Add  $\frac{1}{4}$  teaspoon of either salt or baking soda to a tube of water. Stir or shake to dissolve.)

#### **The Science behind Water pH**

The pH scale is a measurement of how acidic or alkaline a substance is. pH 7 is neutral, and will appear yellow on a litmus test strip. Anything orange to red is acidic, while green to purple is basic. In this lesson, you will learn about the pH

scale, how to measure the pH of a liquid, and why pH is an important part of water filtration.

### Doing the Water pH Science Experiment

- Fill each test tube with the liquids of your choice.
- Label each tube with what's in it.
- Make a prediction as to whether you think each type of liquid would be acidic or basic. Log your prediction.
- To test the liquids start with the baking soda or salt water and the vinegar. Follow the steps for using the pH test strips. These two liquids will act as your control for the most base and most acidic liquids. Then test the tap water following the same steps.
- Steps for using the pH test strips
  1. Take a single test strip.
  2. Dip the strip into the liquid.
  3. Allow all four colors to get wet and remove quickly.
  4. Shake the strip to get rid of excess liquid.
  5. Wait 15 seconds.
- These two liquids will act as your control for the most base and most acidic liquids.
- Then test the tap water following the same steps.
- Let the papers dry. Observe the pH scale and the different colors on the test strips. Think about what they mean. Log your thoughts. Brainstorm about why water that is too acidic or too basic might cause problems in the body and be harmful to drink. Log your ideas.

### The Science behind Water pH

- The pH scale is a measurement of how acidic or alkaline a substance is.
- pH 7 is neutral, and will appear yellow on a litmus test strip.
- Anything orange to red is acidic
- Green to purple is basic.

<https://www.adabofgluewilldo.com/water-ph-science-experiment/>

### Save, Submit and WIN A PRIZE!

- Take a picture of your observations and upload your photo to [twilliams@bgclubcab.org](mailto:twilliams@bgclubcab.org) no later than Friday, May 15, 2020. **Please include your first and last name.** Win one of our handheld water games!