

Virtual Club Seniors (3-5)

Arts & Crafts and Life Skills

Ms. Cheri

choward@bgclubcab.org



Week of May 18-22

Activity 1: Brain Breaks (Cootie Catcher)

Supplies Provided: Blank cootie catcher

Things needed at home: N/A

Directions: The purpose in the activity is to have a stress reliever on those days you're working extra hard and your brain needs a break. Examples of what to write in the blanks:

- Stop what you're doing and play catch with a friend (or play against a wall)
- Count how many things in the room start with an "A" (you can change the letter)
- Pretend you're a balloon: Breathe in and breathe out for 30 seconds



Activity 2: Coach Breezy's Mosaic Art Contest

Things needed at home: Tape, coloring utensils and paper

Directions: We are having a Mosaic art contest. Mosaic art is a picture or pattern arranged by putting small pieces together. It can be done on the sidewalk with chalk or a piece of paper with colored pencils or crayons. **All entries will get a prize!** The winning picture will receive a GIFT CARD! Below is one example of mosaic art. Please email all entries to rmason@bgclubcab.org. Only entries through email will be accepted.

Follow the link below for a video of examples:



<https://www.youtube.com/watch?v=cAlsWm0Gex8>

Virtual Club Seniors (3-5)

Game Room

Ms. Cheri

choward@bgclubcab.org



Week of May 18-22

Activity 1: Bingo on the Go!

Directions: Most of the time we just hop in the car and ride. Now you can ride with purpose as you get more familiar with your surroundings. Every time you see or pass one of the places or objects on your Bingo Board, mark it off. Set a family goal for the winning prize. Ex: Whoever covers their board first gets to choose lunch for the family one day.



Activity 2: Table football

Directions: Check out how to create a paper football with Coach Davis.

<https://www.youtube.com/watch?v=PYWJ9x-9vgl&list=PLeQncnuw4Sg-f8Zlmzl37oBIEK-9xDMbp&index=10>

The object of the game is to get more points than your opponent. Play is simple; you push the football (however you want) from your side of the table to your opponent's side. If the football hangs over the edge of the table without falling off, you score a touchdown (1 point). If it doesn't hang off, it's your opponent's turn to try.

If you get a touchdown, you get to "kick" a field goal. Your opponent points his index fingers together with his thumbs up to make the goal posts, and then you kick it through

the posts. To attempt your field goal, stand the football on the table and hold it with one index finger. Then, flick it with the other hand. If you're successful, you get another point.



Virtual Club Seniors (3-5)

Learning Center

Ms. Williams



twilliams@bgclubcab.org

Week of May 18-22

Build a Cofferdam



Cofferdam - a round or square dam that keeps water out and stands straight up. Even with waterproof concrete, can you imagine what it was like for the Roman engineers? Their question was, "How are we going to pour concrete underwater on the bottom of a river to make foundations for piers?" The answer they came up with is - you don't! You just get rid of the water instead. That's the idea behind your invention. You are to build a Cofferdam by removing water

Supplies provided in this packet:

- Clear bowl
- Sand or dirt

- Popsicle sticks (30)
- Eyedropper

Things needed at home:

- Tap water
- Tape
- Plastic wrap
- Marker or pen to mark the water line on the inside ring

Directions:

1. Visit this link to see pictures of how this activity should look:
<http://highhillhomeschool.blogspot.com/2017/04/bridge-unit-study-lesson-4-cofferdam.html>
2. Fill the cup halfway with sand. Add water to about an inch (2.5cm) above that.
3. Use 10 popsicle sticks to make the inside ring of the dam. Push each stick through the sand to the bottom of the pan. The sticks should touch each other and be higher than the water.
4. Run a piece of tape along the top of the ring on the inside. Put a second ring around the first using the rest of the popsicle sticks, leaving about a ½-inch (1cm) space in between each ring. Tape along the outside of the second ring.
5. Twist a piece of plastic wrap and snake it around the space between each ring, stuffing it down as you go until you fill the space higher than the water (fix the sticks if they move).
6. Add a dot for your water line before starting. Remove the water inside the inner ring with the baster or dropper.

Questions: Log your answers into your book. Remember, even those master builders, the Romans, couldn't get their cofferdams completely dry!

1. Can you get the inside dry?
2. Can you at least get the water level inside lower than the water outside?
3. Can you think of ways you could change a cofferdam to build a tunnel?

Visit this link to see how an actual cofferdam is built:

<https://www.youtube.com/watch?v=sXRHerkmOU0>

Save and Submit

- After logging your answer in your logbook, take a picture of your log and email them to: twilliams@bgclubcab.org and mtracy@bgclubcab.org no later than **Friday, May 22, 2020**. Please include your first and last name.

Virtual Club Seniors (3-5)

Technology Center

Ms. Williams

twilliams@bgclubcab.org



Week of May 18-22

Cracking Secret Codes

Needed at home:



Computer



Wi-Fi Internet

Directions:

- Visit: <https://myfuture.net>
- Either sign up or log in as a MyFuture.Net member
- In the upper right hand corner, click on Programs
- On the left side, click on Digital Literacy
- Midway down the page, click on Digital Privacy
- Click on Cracking-Secret-Codes
- Complete Step 1 through Step 3
- Complete Step 4 to earn a Star for this activity. Upload your secret Message and challenge other members to crack the code

Virtual Club Seniors (3-5)

Gym Gems

Coach Davis

georgia4321@yahoo.com



Week of May 18-22

Activity 1: Jump Rope Battleship

Supplies Provided: Jump Rope

Things needed at home: Cone/Cup, soft ball

Directions: Jumper will need to work his/her jumping skills for a few days. Several days of practice is suggested. The jumper will set up the cone/cup and begin to jump rope.

- Parent, sibling, or another adult will toss the ball at the cone in an attempt to knock the cone/cup over. No throws to intentionally hurt the jumper!
- The jumper will try to protect the cone/cup from being knocked over while continuing to jump rope. The jumper may use the legs, feet, or body to protect their object.
- If the object is knocked over (by thrower or jumper) or if the jumper loses control of the rope, that counts as a hit. Five hits and "You sunk my Battleship." The players will switch roles (jumper and thrower) and continue play.

