

Virtual Club Teens

Week of June 15-19

VIRTUAL CLUB CONNECTION

PARENTAL PERMISSION SLIP

If you haven't already, please complete the yellow parental consent form and return to the activity table at the Club 5:30-6:30 weekdays. Students cannot participate in Zoom classroom meetings without this consent.

VIRTUAL CLUB PACKET INSTRUCTIONAL VIDEOS

Please subscribe to our YouTube page: <https://www.youtube.com/user/BGCofCabarrusCounty> to access fun videos that explain some of the weekly packet activities and provide visual instruction. New videos are posted each Friday as new packets are distributed.

ZOOM CLASSROOM SESSIONS

Starting Tuesday, May 26th, our program directors will be hosting daily Zoom meeting activities to provide kids with an opportunity to connect live with staff and other Club kids. Parental consent forms must be provided. Zoom meeting links and passwords will be sent via email once consent has been received. You will receive a new link and password each week.

ZOOM MEETINGS	M	T	W	TH	F
3:30-4PM K-2nd Grade	COACH BREEZY	MS. WILLIAMS	MS. CHERI	COACH DAVIS	↑ NO ZOOM MEETINGS ↓
4:30-5PM 3rd-5th Grade	MS. CHERI	COACH BREEZY	COACH DAVIS	MS. WILLIAMS	
5:30-6PM Middle School		MR. ALEC	MR. ALEC		

We miss you and hope you and your families are safe and healthy. We hope these new opportunities allow us to reconnect with you the best we can during these times.



21st CCLC Learning Center

Mr. Alec

aforney@bgclubcab.org



Left Brain vs. Right Brain

Supplies provided in this packet: N/A

Things needed at home: N/A

Directions: The two halves of your brain take care of different things and different types of thinking. Take this short quiz to determine if you use more of the left side of your brain or the right side.

1. What kind of music do you prefer?
 - a. Classical music
 - b. Popular music
2. What is more important to you?
 - a. Being on time
 - b. Having a good time
3. How to you figure things out?
 - a. Careful planning
 - b. Visualize the outcome

4. When making a decision or choice, what do you go with?

a. Consider alternatives

b. Go with the first idea

5. What do you prefer being?

a. Thoughtful

b. Active

6. What activities would you most like to do?

a. Monopoly, scrabble or chess

b. Athletics, art or music

If you mainly answered “a”, you are mostly left-brained and mostly benefit from visual learning. If you mostly answered “b”, you are mostly right-brained and mostly benefit from verbal learning. You may study better in school if you know whether you are a visual or verbal learner.

FOR ANOTHER LEFT VS. RIGHT BRAIN TEST, visit:

<https://www.mentalup.co/blog/right-brain-left-brain-test>

Arts & Crafts

Mr. Alec

aforney@bgclubcab.org



Me, Myself, and I

Supplies provided in this packet: N/A

Things needed at home: Paper, colored pencils

Directions: Use the example provided to draw a portrait of yourself. On one side you will draw what you see when you look in the mirror. On the other side, you will draw the things that represent you on the inside, the things people don't know about you by just looking at you.



Life Skills

Mr. Alec

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Be Kind to your Clothes!

Supplies Provided in this Packet: N/A

Things Needed at Home: Dirty laundry

Directions: Treat your clothes right and they will be there for you when you need them. Help the grown-ups at your house by taking care of the laundry sometimes. Here are some tips that will help your clothes last longer and continue to look good.

1. Check clothing tags. Read tags for washing and drying instructions. You might be surprised that you have items that are meant to be hand washed or not dried in the dryer. Set these items aside in their own “Special Care” pile.
2. Turn clothing right side out. Make sure sleeves and pant legs are not stuck in the garment.
3. Check all pockets. Checking pockets will save your clothes from nasty messes such as tissues, make-up, ink pens, etc. And it can be a good way to keep track of your money.
4. Check for sewing repairs. Make sure you repair issues such as loose threads, rips, and button repairs before you wash/dry them.
5. Check for stains. They will need to be pretreated or soaked before washing and drying. If you dry a stain, you will most likely have a stain for life.
6. Sort the clothing. Some people sort by color. Others sort by fabric type. Here are some of the sorting categories that may demand special attention.

Whites

Whites go separate because we want them to stay white. One red sock can turn an entire white load pink. More often than not whites need a warmer water temperature than other clothing to ensure proper cleaning.

Reds and or Bright Colors

Pinks, purples, reds, and oranges can be mixed together to make a full load. Warning, red clothing is notorious for losing its color and bleeding onto other fabrics. When in doubt wash reds separately. Other bright colors can fade or lose their color onto other lighter clothing.

Towels

Towels are lint producers. The lint they give off sticks to other types of clothing. You can wash towels with blankets, sheets, and robes.

Games Room

Mr. Alec

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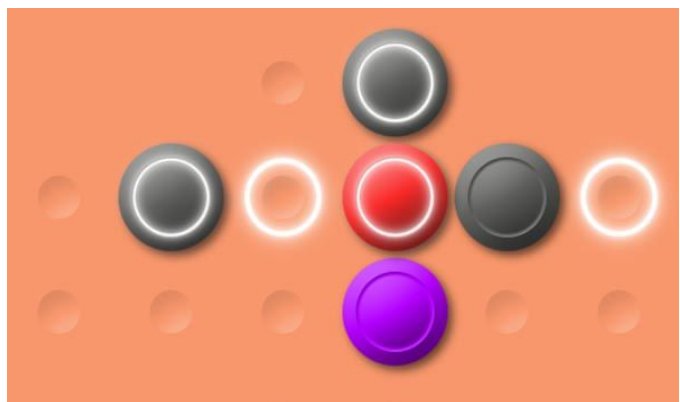
“I’m Still Waiting on a Challenge” - Mr. Alec

Directions:

<https://www.coolmathgames.com/0-logic-magnets>

Directions for the Game:

Since some y’all couldn’t handle the challenge of numbers, I am challenging you to move a ball. The only difference is that there is a limit to how many moves you can do in a single round. So you must be careful and make sure that you actually TRY and beat me this time! You will click on the blue ball and have to make sure you and the other ball get inside the white highlighted circle but once again, just make sure you don’t use up all your moves! Good Luck!



Gym Gems

Mr. Alec

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Forearm/ Tricep Workout!!

Supplies provided in this
packet:

Workout Routines (Below)

Things needed at home:

Room/ Space/ WATER

