

Virtual Club Juniors (K-2)

Week of: June 29 - July 2

VIRTUAL CLUB CONNECTION

ZOOM CLASSROOM SESSIONS

Don't forget our Program Directors continue to host daily Zoom meeting activities. Parental consent forms must be provided. If you haven't already, please complete the yellow consent form and return to the activity table at the Club 5:30-6:30 weekdays.

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	↑ CLOSED IN OBSERVANCE OF JULY 4 ↓
4:30-5PM 3rd-5th Grade	MS. CHERI	COACH BREEZY	COACH DAVIS	MS. WILLIAMS	
5:30-6PM Middle School		MR. ALEC	MR. ALEC		

VIRTUAL CLUB PACKET INSTRUCTIONAL VIDEOS

Please subscribe to our YouTube channel: <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.

SUPPLIES, SUPPLIES!

An amazing collection of school materials and arts & crafts goodies is available this week courtesy of our friends at The City of Concord! Be sure to pick a box up in the drive-thru line.

CARnival FUN FRIDAYS!

(THURS) JULY 2

JULY 10

JULY 17

BOMBPOPS & WATERFUN

Plus a chance to shoot Water Guns @ staff!

CAMP SPENCER SHOWDOWN

Camp activities including Fishing & Archery

MOVIE NIGHT

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



Arts & Crafts

Ms. Cheri

choward@bgclubcab.org



Activity 1: 4th of July Hat

Supplies Provided in this Packet: Hat template

Things needed at home: Glue, coloring utensils

Directions: Color the hat. There are also hat extensions for different size heads. Make sure you color however many you need. Cut your pieces out then attach them using glue, tape, or a stapler.



Activity 2: American Flag

Supplies Provided in this Packet: Red white and blue construction paper, white printer paper

Things needed at home: Glue, Scissors

Directions: Cut the construction paper in small pieces and make them into a flag.



Life Skills
Ms. Cheri
choward@bgclubcab.org



Activity: Patriotic Cookie

Things needed at home: an oven, sugar cookie batter; red, white, and blue sprinkles; cookie sheet pan

Directions: Use either store bought dough or make your own using the recipe below. Preheat your oven to 350 degrees. Take your cookie dough and put it in a mixing bowl. Next take your sprinkles and shake them all over the cookie dough. You don't want to put too much. Now mix it up. Set your bowl to the side. Grab your cookie sheet and layer it with non-stick spray or butter. Now take the amount of cookie dough you need to form whatever cookie size you'd like. Roll it in a circle then place it on the pan. Do the process until all the cookie dough is gone. Make sure you space the cookies about 1 ½- 2 inches apart. Bake your cookies at 350 degrees for 12-15 minutes. Let them cool then enjoy.



Recipe for Homemade Sugar Cookies

3 cups all-purpose flour
3/4 teaspoon baking powder
1/4 teaspoon salt
1 cup unsalted butter, softened
1 cup sugar
1 egg, beaten
1 tablespoon milk
Powdered sugar, for rolling out dough

Technology Center
Ms. Williams
twilliams@bgclubcab.org



Activity: Typing Rocket / Let Me Grow Jr.

Supplies Provided in this packet: N/A

Things needed from home:



Computer



Wi-Fi Internet

Instructions:

Step 1: Visit <https://www.abcya.com/>

Step 2: Click on your **grade level**

Step 3: Click on “**Skill**” in the upper right hand corner

Step 4: Scroll down and click on **Typing Rocket Jr.**

Step 5: Click on **Start**

Step 6: Click on the **triangle/play**.

Step 7: Typing Rocket: Type the letter on each rocket as they take off to space.

Step 8: Return to your **Grade Level**.

Step 9: Click on **Skill**.

Step 10: Scroll down to **Let Me Grow:** Click on the levels 1-5 and open up the levees and remove blocks to water the flowers. Be careful not to get the garden gnomes wet!



Learning Center
Ms. Williams
twilliams@bgclubcab.org



Activity: Planting a Sunflower

Supplies provided in this packet:

- 4 sunflower seeds, cup with soil, flower pot printout

Things needed from home:

- Water, Sun

Goal – Teach children the value of taking care of the Earth

Directions:

Step 1: Put some damp soil in a plastic cup so it comes up almost to the top, poke your finger in the soil to make a hole for your sunflower seeds. Drop the four sunflower seeds into the hole. Cover them with a little soil and spray or sprinkle some water on top.

Step 2: Put the cup on a sunny windowsill. You could plant a seed in some more cups too if you like, to see which one grows best. Reach out to BGC staff if you would like some extra seeds. Watch it grow! Your plant should pop up through the soil after about 1 or 2 weeks.

Step 3: When your plants grow too big for the cups, plant them in bigger flowerpots and put the pots in a sunny spot outside.

Step 4: Write a poem about your sunflower on the lines of the pot. Decorate your pot.

Step 5: Take photos of the plant's progress and your observations along with your decorated flower pot. Email your photo and observations to: twilliams@bgclubcab.org no later than Thursday, July 2, 2020. **Please include your first and last name.**

Observations:

Water and watch your plant grow over the next two weeks.

Prize of suncatchers will be given to the best “Flower Pot Design and poem.”



Gym Gems
Coach Davis
georgia4321@yahoo.com



Pool Noodle Challenge

Supplies Provided: N/A

Things needed at home: Pool Noodle

Set-Up: Mark off a 30 feet course complete with a start and finish line.

-The first activity is to balance the end of the noodle on the palm of your hand. You must walk the length of the course without the noodle falling. Once you have crossed the finish line, you have to balance the noodle on the opposite hand and walk back (if the noodle falls or you touch it, you have to start over).

-The next activity is using the noodle as a balance beam. Lay the noodle flat on the ground and balance yourself as you walk the length of the noodle. If you fall off, you have to start over. Once you walk the length of the noodle, pick it up, move it forward and walk across again until you reach the finish line. Then sprint to the start line for the last exercise.

-The noodle jump. Place the noodle in front of you and with both feet together, jump over the noodle. If you touch the noodle, if both feet don't clear the noodle, you have to start over. Once you cross the finish line, you are finished with the "Challenge". Compare your time... each time you complete the "Challenge" compare your previous time and see how fast you can complete the challenge.

For Fun: Since it is summer and getting hotter every day, have a family member squirt you with the hose or toss water balloons as you complete the course.

Games Room
Coach Breezy
rmason@bgclubcab.org

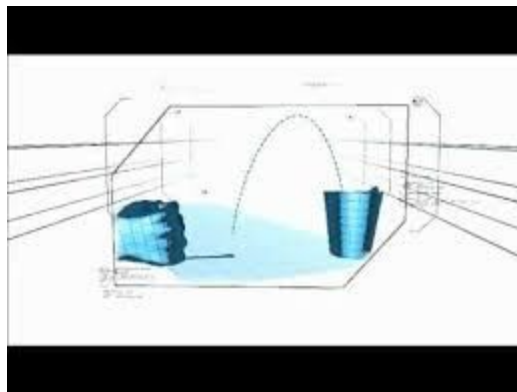


Activity: Fish Out of Water

Supplies Provided in this packet: Swedish fish candy, spoon

Things needed at home: Table, any type of dish that can hold water

Directions: Align the dish (with a small amount of water in it) on the table inches away from the spoon. Use the scooping part of the spoon (as the trigger) while placing the fish on the handle, try to flip the Swedish Fish into the dish to help the fish get back in the water! Send me a video and the greatest distance gets a prize of a mini dodgeball!



If you would like a video of a visual of how to spoon flip Swedish fish, don't forget to subscribe to our YouTube and watch Coach Breezy's tutorial!

<https://www.youtube.com/BGCofCabarrusCounty>

Activity Room
Coach Breezy
rmason@bgclubcab.org



Activity: Transfer

Supplies provided: Swedish fish, cups, spoon

Things needed at home: Table, cups, bowls, or any dish

Directions: Using the handle of the spoon in your mouth try to scoop the swedish fish up and transfer them to another dish. You can use your hands but only to keep the dish still as you scoop out the fish. This can be a Minute-to-Win-It game where you are going against time or you may challenge someone to a race!



Remember to subscribe to our YouTube channel and see videos of us making and playing these games and more!

<https://www.youtube.com/BGCofCabarrusCounty>

Activity Room
Coach Breezy
rmason@bgclubcab.org



Activity: Transfer II

Supplies provided: Toothbrush, Q-tip, cups

Things needed at home: Table

Directions: This Minute-To-Win-It game can be played by yourself trying to beat the clock or with multiple players trying to beat each other. The goal is to balance a Q-tip on a toothbrush, (hint: use the toothbrush like a hook), then transfer it from one cup to the other. Simple, right?! Oh wait! You can only use your mouth!

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