



**BOYS & GIRLS CLUBS
OF SAN ANTONIO**

AT HOME

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!

THE TECH LAB

Welcome to the At Home Tech Lab! Visit some of these great websites, have fun, and learn!



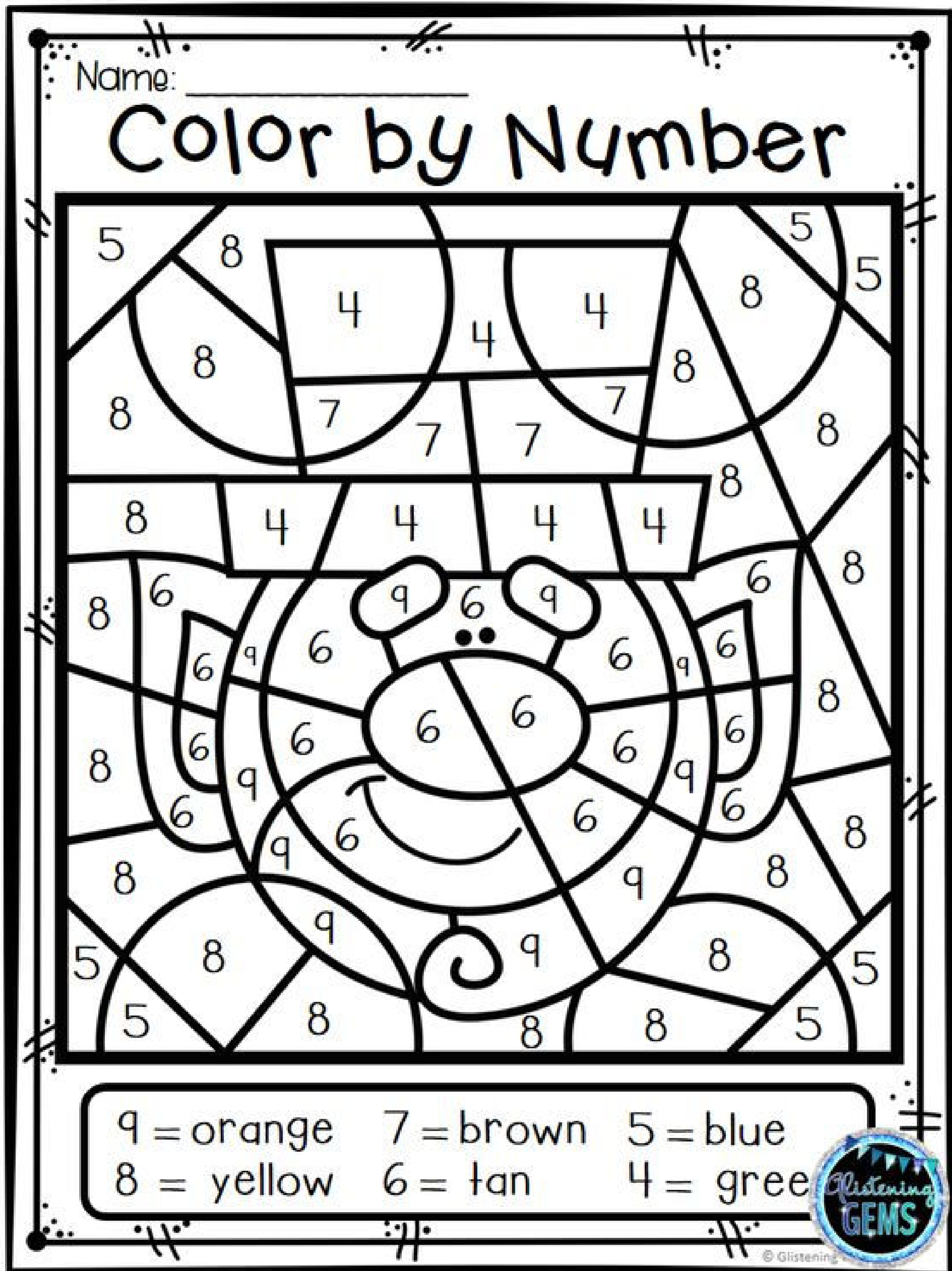
**GUESS WHAT? YOU CAN STILL EARN YOUR
BADGES FROM HOME!**



<https://myfuture.net/>

THE ART ROOM

Welcome to the At Home Art Room!
Enjoy these coloring sheets and activities to get
your creativity flowing!







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Coloring Pages

Find more coloring pages at crayola.com





© 2014 Crayola LLC

Coloring Pages

Find more coloring pages at crayola.com

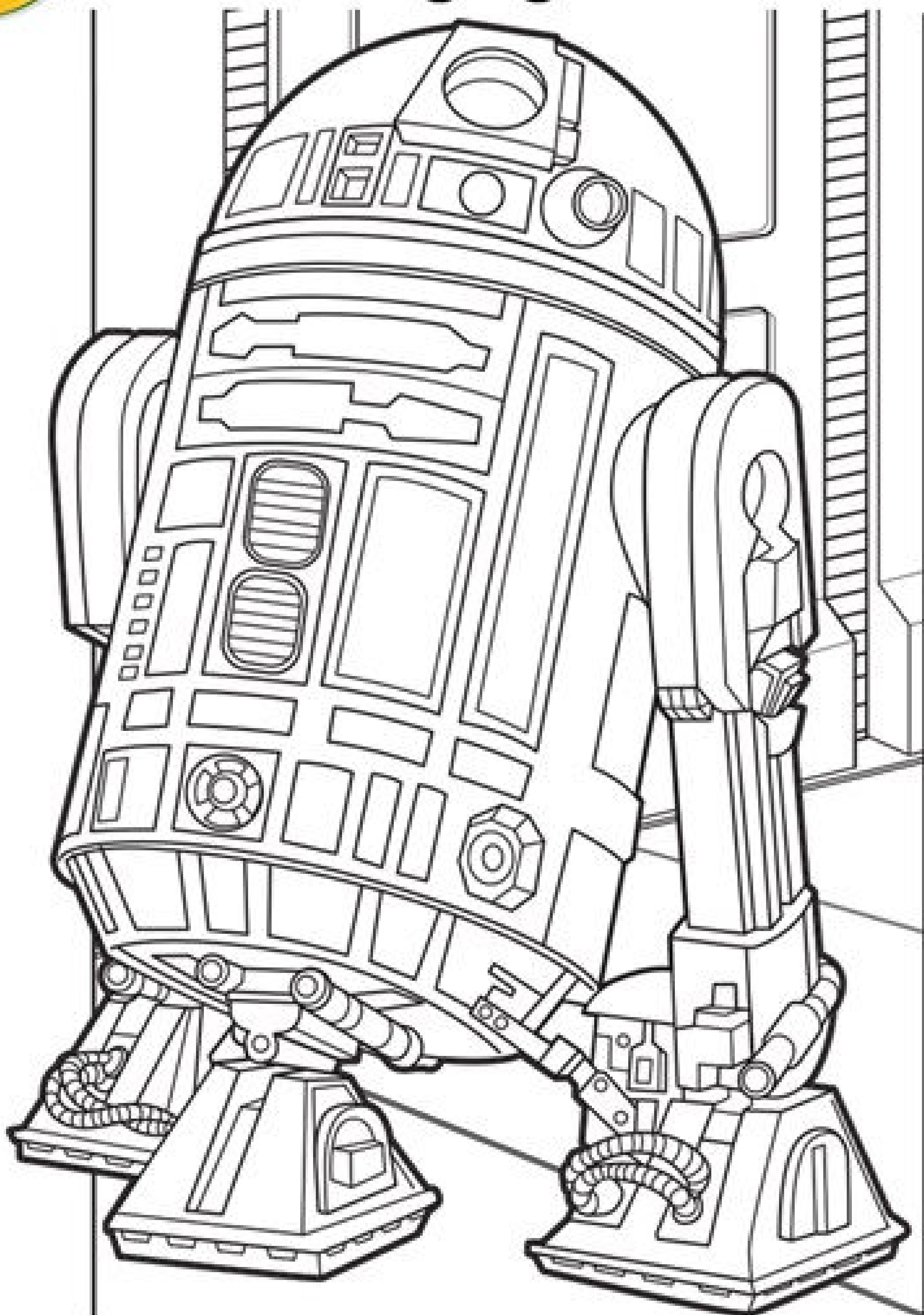




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Coloring Pages

Find more coloring pages at crayola.com



QUICK MEMBER CHECK-IN

How are you feeling right now?



Some things for you to remember:

WE LOVE YOU!

WE MISS YOU!

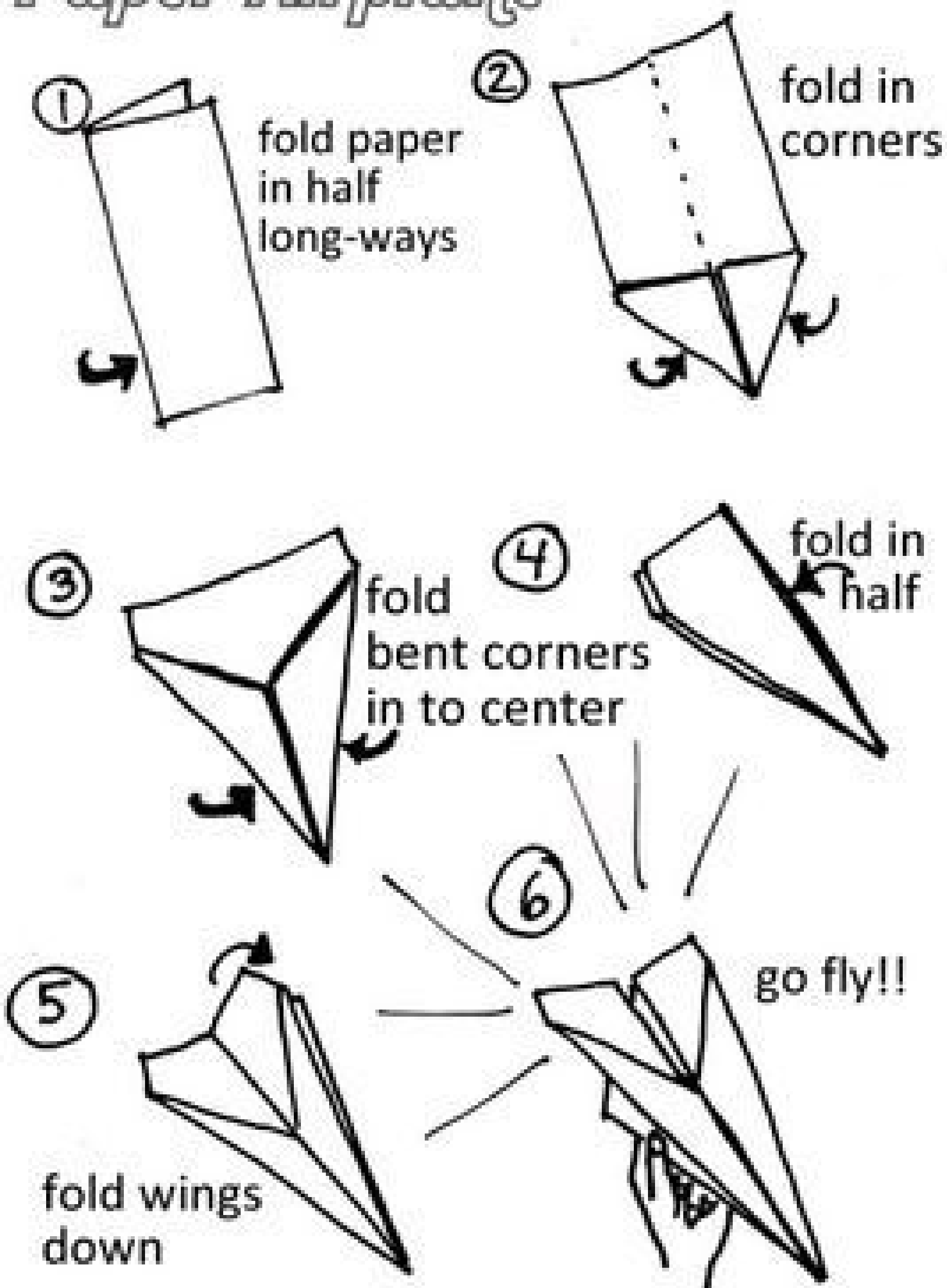
WE ARE EXCITED TO SEE YOU SOON!

WASH YOUR HANDS!

THE LEARNING CENTER

Welcome to the At Home Learning Center!
Enjoy these fun activities, challenges, and more!

Paper Airplane creativewithkids.com



Follow these instructions and use the blank piece of paper (next page) to make your own paper airplane!

*Fold * Decorate * Fly*

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
6. 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
16. 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

ANGER EXPLORATION WORKSHEET

Use this worksheet to explore and discuss a recent anger episode!

WHAT HAPPENED THAT MADE ME FEEL ANGRY?

WHAT OTHER FEELINGS DID I EXPERIENCE?

<input type="checkbox"/> sad	<input type="checkbox"/> annoyed	<input type="checkbox"/> guilty	<input type="checkbox"/> _____
<input type="checkbox"/> worried	<input type="checkbox"/> scared	<input type="checkbox"/> stressed	<input type="checkbox"/> _____
<input type="checkbox"/> jealous	<input type="checkbox"/> lonely	<input type="checkbox"/> embarrassed	<input type="checkbox"/> _____

WHAT THOUGHTS WENT THROUGH MY HEAD?

HOW DID I RESPOND?

<input type="checkbox"/> yelling and screaming	<input type="checkbox"/> hitting or kicking	<input type="checkbox"/> throwing objects	<input type="checkbox"/> _____
<input type="checkbox"/> name-calling	<input type="checkbox"/> threatening	<input type="checkbox"/> running away	<input type="checkbox"/> _____
<input type="checkbox"/> crying	<input type="checkbox"/> cursing	<input type="checkbox"/> slamming doors	<input type="checkbox"/> _____

WHAT ENDED UP HAPPENING?

WHAT WAS MY CONSEQUENCE?

WHAT CAN I DO DIFFERENTLY NEXT TIME IF THIS SITUATION HAPPENS AGAIN?

<input type="checkbox"/> use an I-Feel Message	<input type="checkbox"/> deep breathing	<input type="checkbox"/> _____
<input type="checkbox"/> walk away	<input type="checkbox"/> tell an adult	<input type="checkbox"/> _____
<input type="checkbox"/> count to ten	<input type="checkbox"/> distract myself	<input type="checkbox"/> _____



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St. Patrick's Day

BINGO

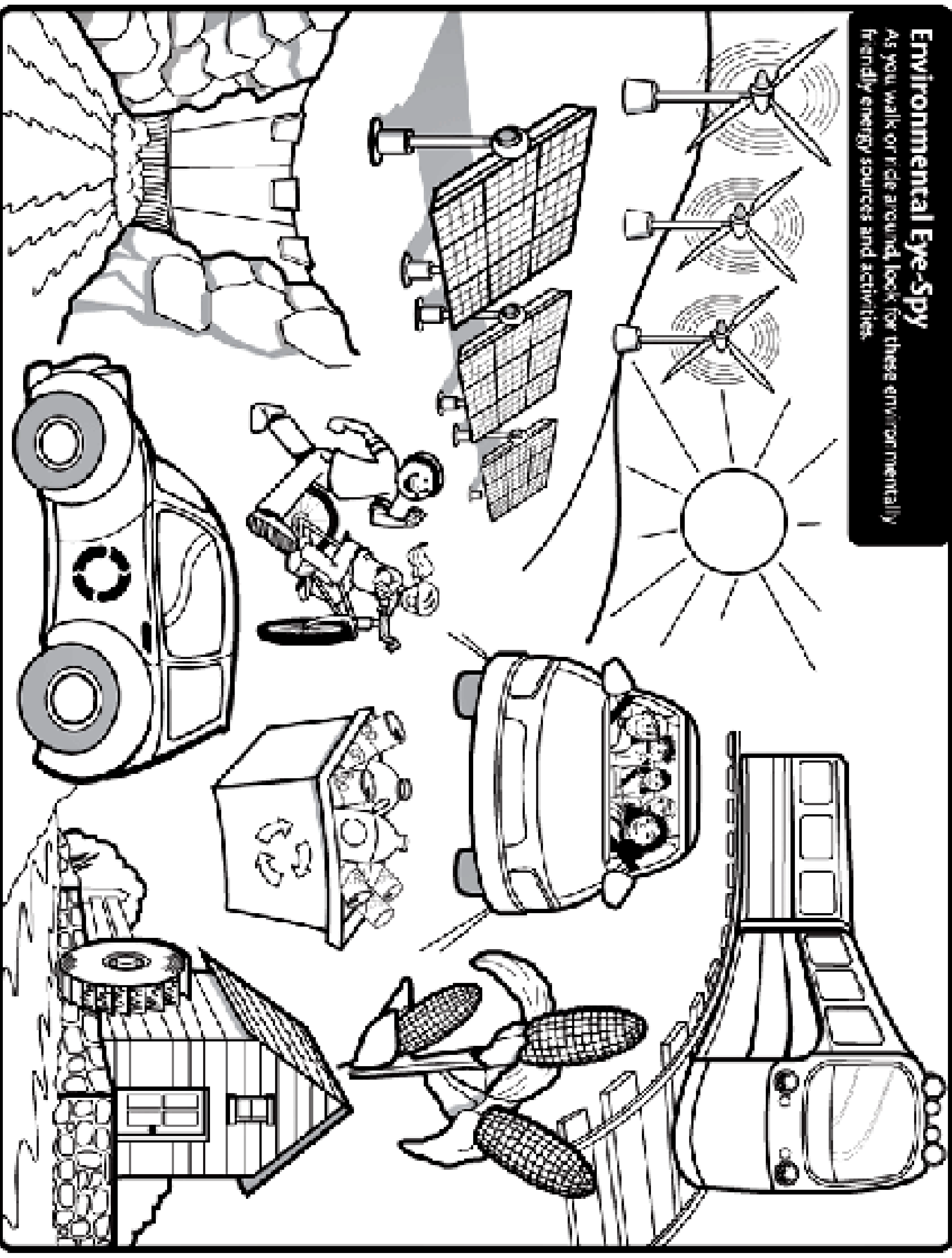


Safely cut these out with an adult and see how quickly you can get a BINGO!



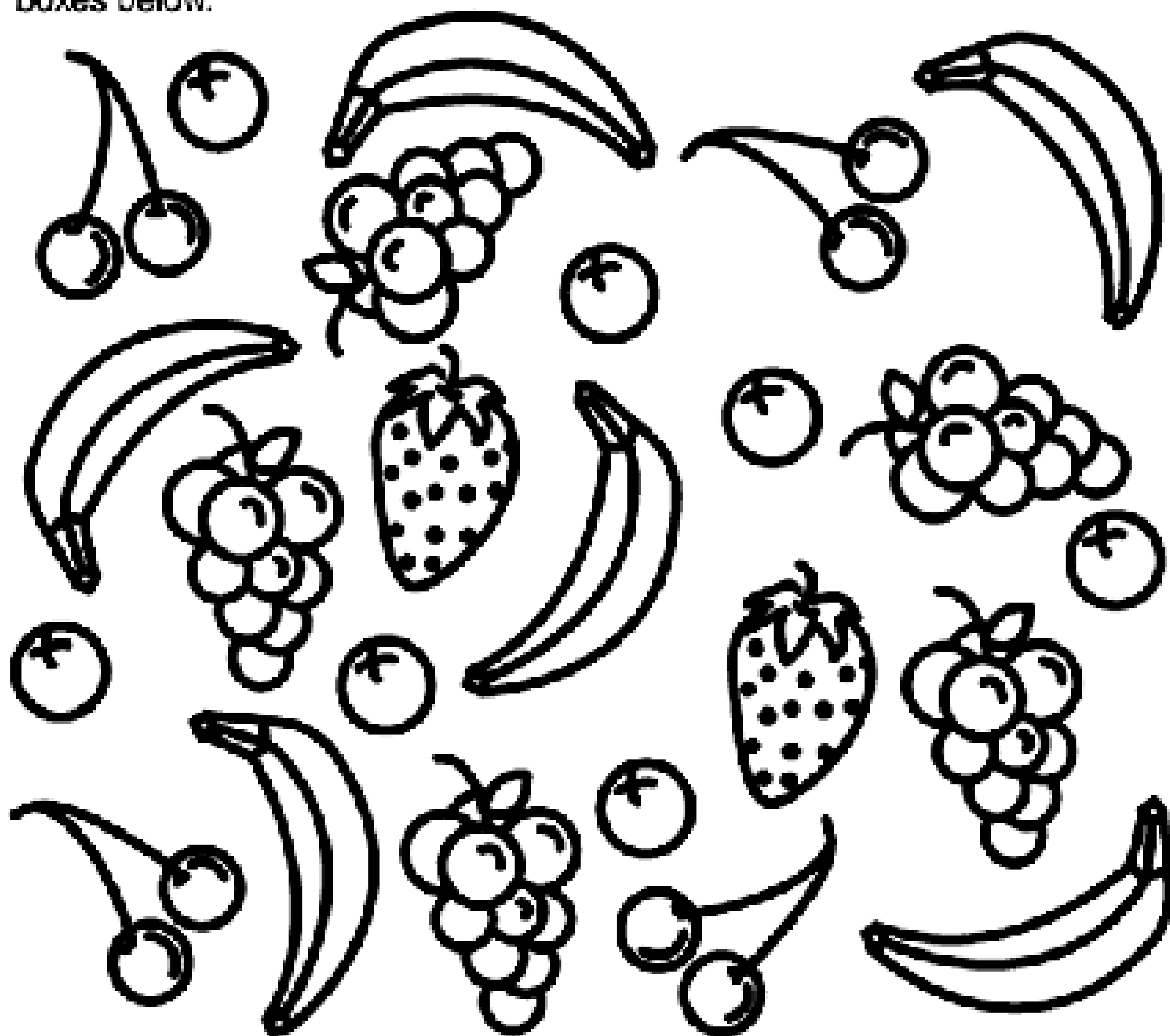
Environmental Eye-Spy

As you walk or ride around, look for these environmentally friendly energy sources and activities.

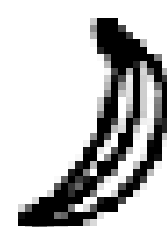


FRUIT JUMBLE COUNTING

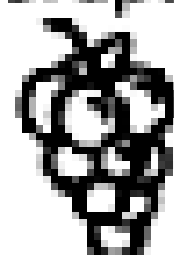
Count the number of bananas, grapes, blueberries, cherries, and strawberries. Write the numbers in the boxes below.



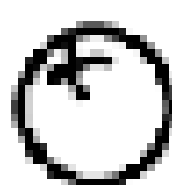
Bananas



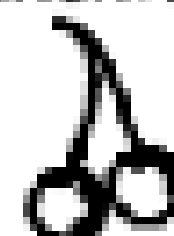
Grapes



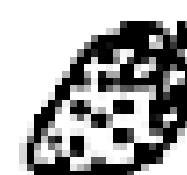
Blueberries



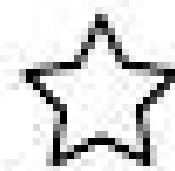
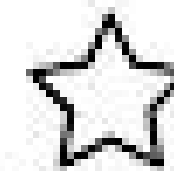
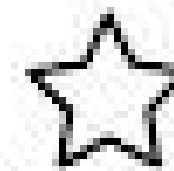
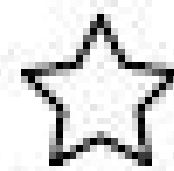
Cherries



Strawberries



Name: _____



Anna is a cow. She lives on a farm with her family.
She is a mother to a cute calf. Anna's husband is
a big and strong bull. Anna eats grass and gives
milk. When she is not too busy, she spends time
with other animals that live on the farm. Her best
friends are horses, sheep, and goats.

1. Where is Anna?

Circle the picture of Anna.



2. True or false?

- Anna has a family
- Anna has a husband and one child
- Anna is a strong bull
- Anna drinks milk
- Thanks to Anna, we can drink milk
- Anna often spends time with friends

3. Who lives on the farm?

Check the right boxes.

☐ flamingo

☐ cow

☐ goat

☐ sheep

☐ horse

☐ dolphin

☐ calf

☐ lion

☐ turkey

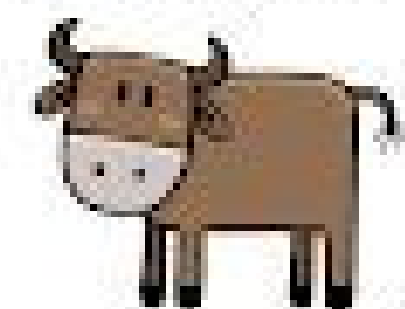
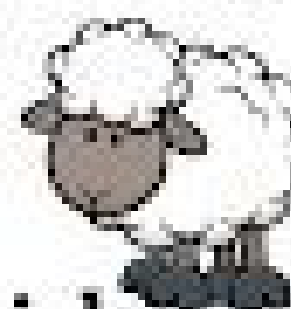
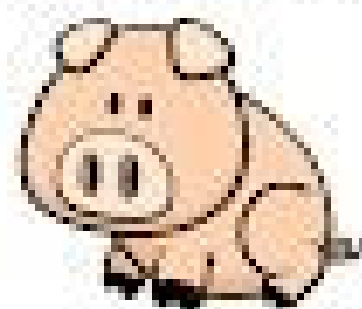
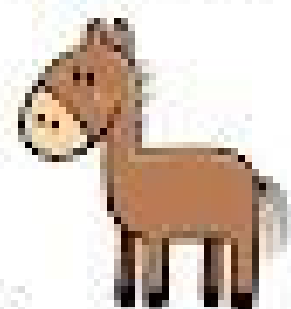
☐ lion

☐ snowy owl

☐ bull

4. Who are Anna's best friends?

Circle the pictures of them.



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 the 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
eat spaghetti or
tacos?

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

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 QUESTIONS FOR KIDS

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?

THE GYM

Welcome to the At Home Gym!

Enjoy these activities to keep you active and healthy!

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

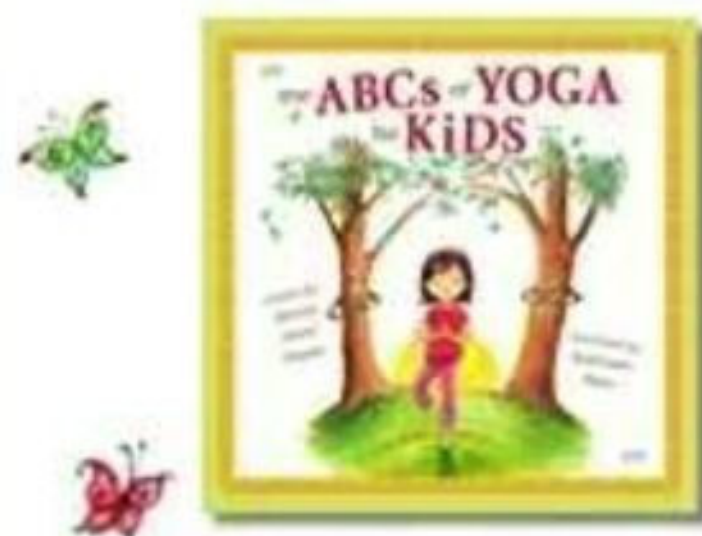
V: 25 SQUATS

W: 20 PUSH UPS

X: 45 SECOND PLANK

Y: 30 JUMPING JACKS

Z: 20 ARM CIRCLES



the ABCs of YOGA for KIDS



A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box



K Kite



L Lion



M Mouse



N New Pose



O Otter



P Peacock



Q Queen



R Rag Doll



S Swan



T Triangle



U Unicorn



V Volcano



W Waterfall



X

Y



Z Zero

Go to these videos to DANCE!



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



https://www.youtube.com/watch?v=sHd2s_saYsQ

THE GAMES ROOM

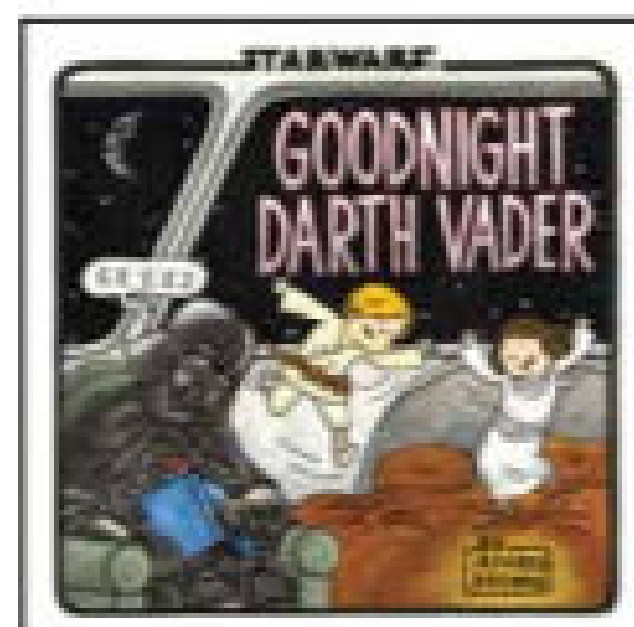
Welcome to the At Home Games Room!
Enjoy these activities to keep your brain active while
having a ton of fun!

FINGER PUPPETS



INSTRUCTIONS

1. Print the finger puppets on regular paper and cut them out. Be sure to cut along the dashed line.
2. Wrap the tabs of one puppet around the puppeteer's finger, and use tape to secure.
3. Remove puppet from finger and repeat step 2 with the rest of the puppets.



INSPIRED BY
Goodnight Darth Vader
ISBN: 978-1-4521-2830-6
CHRONICLE BOOKS

CHARADES FOR KIDS

a bear riding a bike

an octopus water-skiing

a giraffe playing basketball

a pig playing hockey

an elephant riding a roller coaster

a fish going to school

a cat giving himself a bath

a flamingo drinking from a water fountain

an alligator washing a car

a bird building a nest

a dinosaur playing hopscotch

a penguin going down a slide

a kangaroo boxing

a dog driving a car

a camel taking a nap

an ostrich burying his head in the sand

a raccoon digging through the garbage

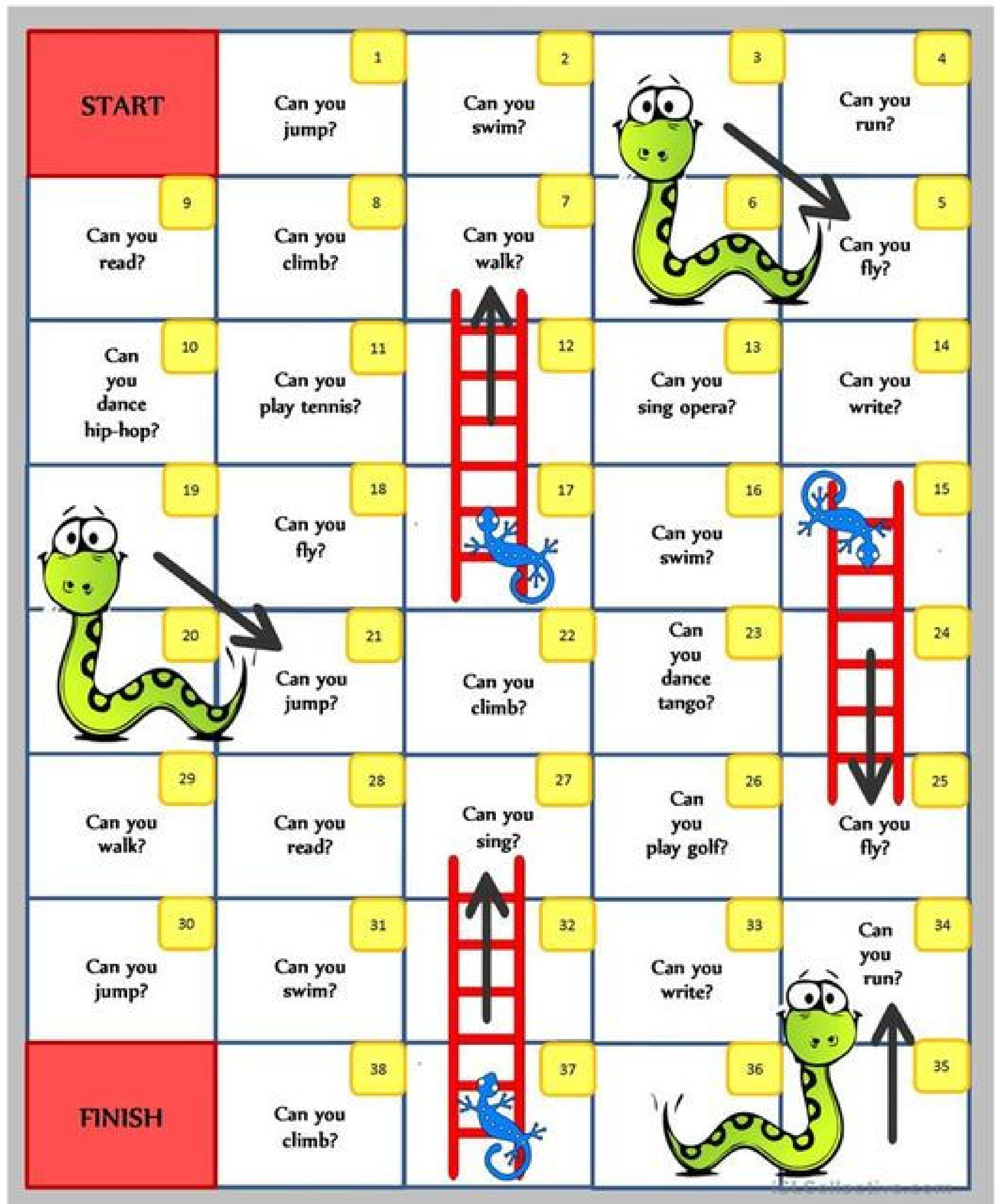
a squirrel burying a nut

a monkey climbing a tree

a bunny dancing

CAN/CAN'T

Board game



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.

Some things for you to remember:

WE LOVE YOU! WE MISS YOU!

WE ARE EXCITED TO SEE YOU SOON!

WASH YOUR HANDS!