

## Boys & Girls Clubs of Carson

Elementary School Virtual Program – Wednesday April 1st

<b>Greet the Day!</b> Mindfulness	Get the day started and moving with this morning activity “Let’s Wake Up Our Muscles” <a href="https://www.youtube.com/watch?v=L_A_HjHZxfI">https://www.youtube.com/watch?v=L_A_HjHZxfI</a>
<b>Get on the Move!</b> <b>Take a walk, play, or dance!</b>  <b>DIY Bean Bag Toss Game (30 min)</b>	Indoors, you will create a game similar to basketball. Get a laundry basket, box, or bucket and place it about 5-10 feet away from you. Use tape or paper as markers to mark the throwing line. You can make 2 or three lines if you would like to have an added challenge. Make each line a certain amount of points. For example, the line closest to the basket will be 1 point the line further away from the basket will be 3 points. Use beans bags, stuffed animals, or crumpled up paper as your throwing equipment. Play till someone gets 20 points! Make sure you are away from windows and breakable objects! Play with family members or yourself! Added challenge: player who receives the least amount of points will have to do fitness exercises, ex: jumping jacks, push-ups, squats, lunges, or burpees
<b>Get Crafty!</b> <b>Arts</b>  <b>Coffee Filter Flowers</b>	Materials Needed: -Coffee Filters -Crayons -Paper -Glue or Tape Students can color their coffee filter whatever color they'd like. They then glue or tape their flower onto a paper and color a stem and whatever else they'd like around the flower. You can click “x” on pop up. <a href="https://www.lookwerelearning.com/coffee-filter-flower-craft/">https://www.lookwerelearning.com/coffee-filter-flower-craft/</a>
<b>Lunch</b>	Did you wash your hands?
<b>Smart Moves</b> <b>“Grumpy Monkey” by Suzanne Lang</b>	Story time/Emotions <a href="https://www.youtube.com/watch?v=wylzbbSL668">https://www.youtube.com/watch?v=wylzbbSL668</a>
<b>Get Ready!</b> <b>Explore a Virtual Field Trip</b>	San Diego Zoo: <a href="https://animals.sandiegozoo.org/live-cams">https://animals.sandiegozoo.org/live-cams</a>
<b>Power Hour</b>	Work on homework/activities teachers provided and then check out this lesson about the nervous system and how our bodies function. How does your brain control your body?

	<a href="https://mysteryscience.com/body/mystery-4/brain-nerves-information-processing/62?code=NDEwMDY3MDQ&amp;t=student">https://mysteryscience.com/body/mystery-4/brain-nerves-information-processing/62?code=NDEwMDY3MDQ&amp;t=student</a>
<b>STEM</b> <b>A lesson about animal's natural coloration and adaptations that help them survive.</b>	1 <sup>st</sup> Camouflage & Animal Survival <a href="https://mysteryscience.com/powers/mystery-3/camouflage-animal-survival/118?code=NDEwMDY3MDQ&amp;t=student">https://mysteryscience.com/powers/mystery-3/camouflage-animal-survival/118?code=NDEwMDY3MDQ&amp;t=student</a>
<b>Life Skills</b> <b>Let's Stay Healthy!</b>	What do we humans need to stay healthy? <a href="https://www.youtube.com/watch?v=UxnEuj1c0sw">https://www.youtube.com/watch?v=UxnEuj1c0sw</a> Video explains key information like 'Parts of the body' and 'How to have a healthy lifestyle.'
<b>Time to Unwind!</b> <b>Give yourself a break after a busy day</b>	Wind down from your busy day with a mindful yoga activity! My First Yoga <a href="https://otswithapps.files.wordpress.com/2014/04/myfirstyogakidsare-animals-pics.jpg">https://otswithapps.files.wordpress.com/2014/04/myfirstyogakidsare-animals-pics.jpg</a> <a href="https://www.youtube.com/watch?v=X655B4ISakg">https://www.youtube.com/watch?v=X655B4ISakg</a>