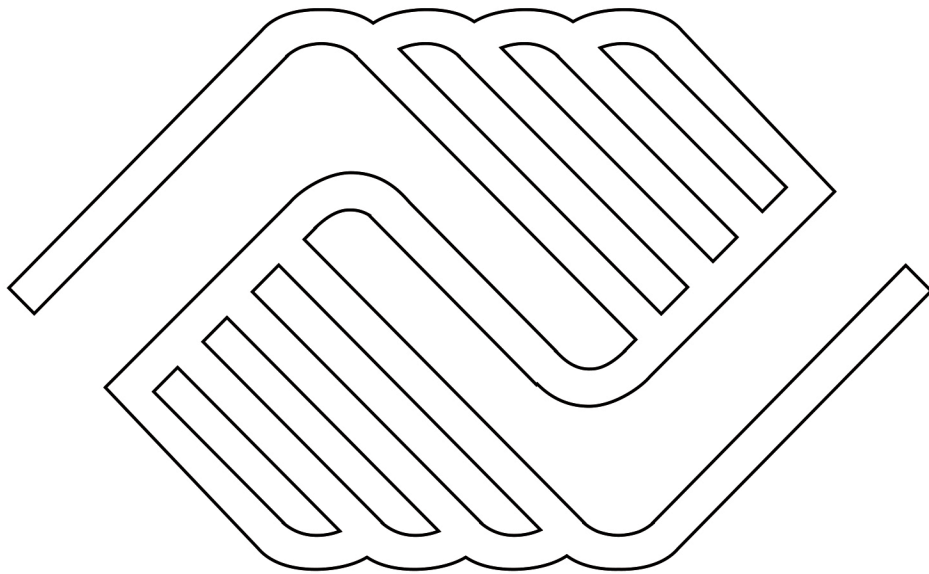


Club On The Geaux

Activities that will help your brain
sprout even when school's out.



BOYS & GIRLS CLUB

↑
COLOR ME IN!
↑



BOYS & GIRLS CLUB

Dear Families:

Staff at the club are here to support you while schools are closed for safety & prevention against the spread of Coronavirus. We have assembled 500 “Club-on-the-Geaux” backpacks with supplies and fun activities for Club members. This bag is 1 of 500!

In the first few pages of this book, we have included some information about how to stay healthy & safe. You can get a head start by washing your hands so they are germ-free and keeping them away from your mouth, nose and eyes if they are not. This activity book also has fun exercises, games and worksheets about art, history, math, reading, creative writing & poetry, english grammar & punctuation, spanish, mindfulness, storytelling, social studies and science. You have all the materials you will need to keep your brain on the sprout even during this time when school is out.

On Friday at 3:00 pm, staff will demonstrate some of these activities and programs in the “Geaux Backpacks” via Facebook Live (www.bgca.org/facebook). If you are unable to see the live stream, the videos will be uploaded to YouTube for you to watch when you can (<https://www.youtube.com/user/bgcastaff/featured>). If you need any assistance, please call 225.383.3928.

We hope you enjoy your “Geaux Backpack” & all the fun that’s inside!
Stay safe & healthy,
Club Staff

Updates from the Club:

1. The Positive Action curriculum is based on the intuitive philosophy that we feel good about ourselves when we do positive actions. If you are part of Positive Action at Wildwood & Magnolia Woods Elementary Schools, curriculum will be online, live, twice a week.
2. Online Portal: My.Future provides young people with a safe, fun digital platform they can use to learn, play and socialize while at the Club. Go to myfuture.net to start learning today!

Resources:

1. Center for Disease Control and Prevention: Call 800.232.4636 or visit CDC.gov
2. Local Assistance: Call 211 or visit 211.org
3. Louisiana Department of Health: Call 225.342.9500 or visit ldh.la.gov
4. Medicaid Customer Service: 1.888.342.6207
5. Healthy Louisiana: 1.855.229.6848

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



For more information: www.cdc.gov/COVID19-symptoms

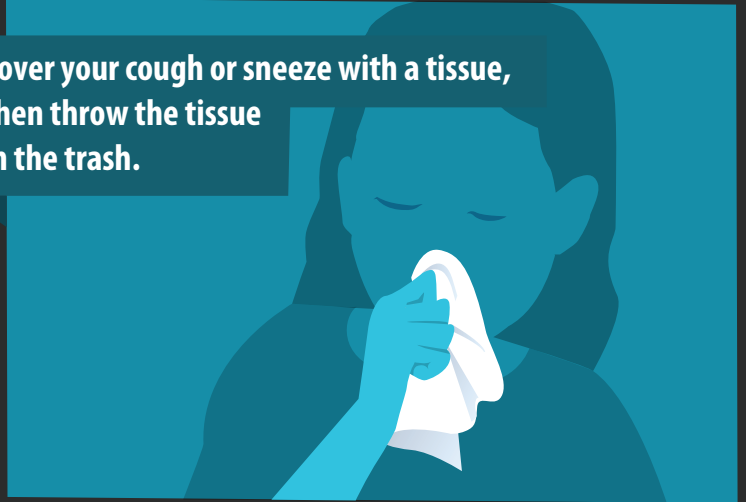
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

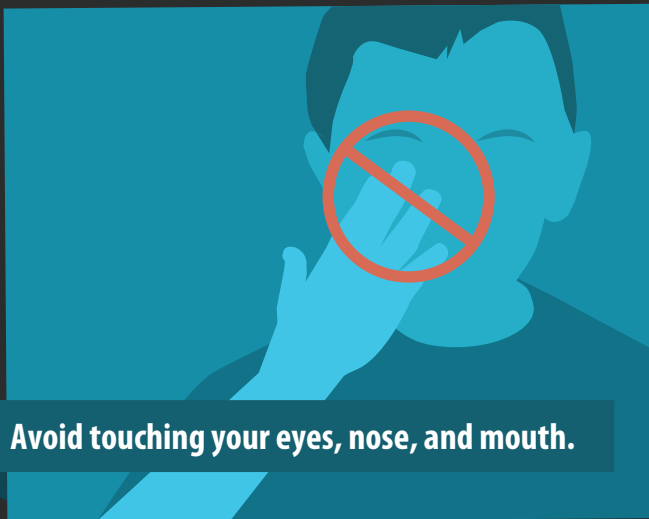
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.





Hands
that look
clean can still
have icky
germs!

Wash YOUR HANDS!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Boys & Girls Club of Greater Baton Rouge

Boys Girls Club Word Search

There are 15 words hidden within the puzzle. Can you find them all?

O S O J U H O H S U M M E R Z
C L V T Z S N A C K S T Y N G
F I E L D T R I P G V A G L Y
E M C F O I S X F D J L N T R
L P V V A Z S W R E R X M O U
V W I L C Q T G I C J D F T T
V F V A O G E H E A L T H Y U
T Q U P M S M V N M C Y O Z T
G J K N M N I S D E I L S A L
A R J S U I L R S L B Y U G S
M S I I N R S C H O O L R B A
E U W W I K F B N B G I O T F
S W Y G T M E N T O R Q F P E
U O Z G Y I K R D R G X M C T
F P B L Z T W B I B W N Z L Y

BOYS

CLUB

COMMUNITY

FIELDTRIP

FRIENDS

FUN

GAMES

GIRLS

HEALTHY

MENTOR

SAFETY

SCHOOL

SNACKS

STEM

SUMMER

Art & Art History



- 1 : a craft of expression of someone's feelings, thoughts, experience & culture,
- 2 : it can take many forms depending on a chosen medium or material.
- 3 : can include visual art (painting, drawing, ceramics, design), music, dance, writing & more.
- 4 : the study of other artists who came before us.

GEORGIA O'KEEFFE

[1887–1986]

Georgia O'Keeffe was an American painter. She was best-known for her paintings of the American Southwest.

Her career began in New York City, after mailing some of her drawings to an art dealer there. The dealer loved the drawings, calling them the most sincere things he had seen in a long time, and invited her to move to New York. Her early works were often abstract drawings, sometimes based on nature. In one of her paintings, she drew the inside of an iris flower. The rest of the flower couldn't be seen so the patterns and shapes of its inside appear to be a completely abstract design.

Later on, she relocated to New Mexico. She was fond of being alone and found the desert landscape beautiful and a great place to explore on her own. Her paintings became less abstract at that time, and she began to paint many desert scenes with smooth brush strokes and gentle colors. Some of her paintings had elements of surrealism in them, such as one where a ram's skull hovers above a New Mexico landscape. When asked what she was trying to show in her paintings and what the Southwest meant to her, she said "Such a beautiful, untouched lonely-feeling place, such a fine part of what I call the 'Faraway'. It is a place I have painted before ... even now I must do it again."

O'Keeffe's work in the Southwest brought her into contact with the famous photographer Ansel Adams. Adams spent much of his career photographing the stark landscapes of the desert. There are a few scenery's that both O'Keeffe and Adams captured in similar ways; one with painting, and one with photography.

Georgia O'Keeffe had a long and successful career. She died at a very old age in Santa Fe. Her work has become an important part of American art.



Light of Iris



*Ram's Head White Hollyhock
Little Hills*



Taos Church

GEORGIA O'KEEFFE

EXERCISE

Georgia O'Keeffe's career was very long and she made many different kinds of paintings. Her relationship with the Southwest was always very important to her, though. Is there a place you have been that is meaningful to you? Try to draw a picture of it, and write a paragraph about where it is and what it was like.



FRIDA KAHLO

[1907–1954]

Frida Kahlo was a Mexican painter, known for mixing traditional Mexican folk art with surrealism. Surrealism is a form of painting that is inspired by dreams and uses images that are symbolic of other things.

When Frida was young, she was enrolled in a prestigious school where she was studying medicine. While there, she was in a terrible trolley accident that broke nearly all of her bones. She healed and was able to walk again, but the pain remained with her for the rest of her life. After the accident she decided to devote herself to painting, which was what she loved to do.

At a young age she married the already famous painter Diego Rivera. His work was usually large painted murals that depicted the struggle of the working class in Mexico.

Frida's paintings, however, were much more personal. She painted many self-portraits, and also many works about her heritage. After becoming famous, she spent most of her time in the U.S. She valued the traditional Mexican way of life, but was living in a heavily industrialized country. In one of her self-portraits she is painted in the middle of the canvas; in one half the scenery behind her are metal tubes and smoke stacks, on the other there are scenes of traditional Mexican life and ancient relics.

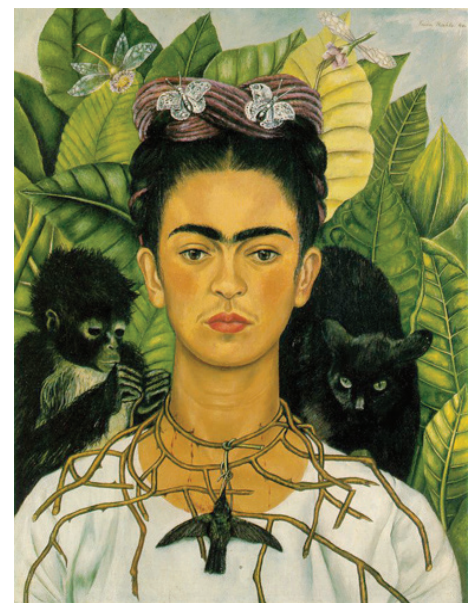
Many of Frida's paintings have symbols in them that are used repeatedly. One of the symbols she often used was a monkey that is native to Mexico. Christian symbols, such as the crucifix and the crown of thorns, are used in her work as well. The use of symbols, and the theme of identity in her work, is what caused many people to consider it surrealism. However, it is sometimes called magic realism, which is a style that shows very realistic things in unlikely situations. Many South American writers around Frida's time used this name to describe the work they were doing.



*Self-Portrait Dedicated
to Dr. Eloesser*



*Self-Portrait on the Border Between
Mexico and the United States*

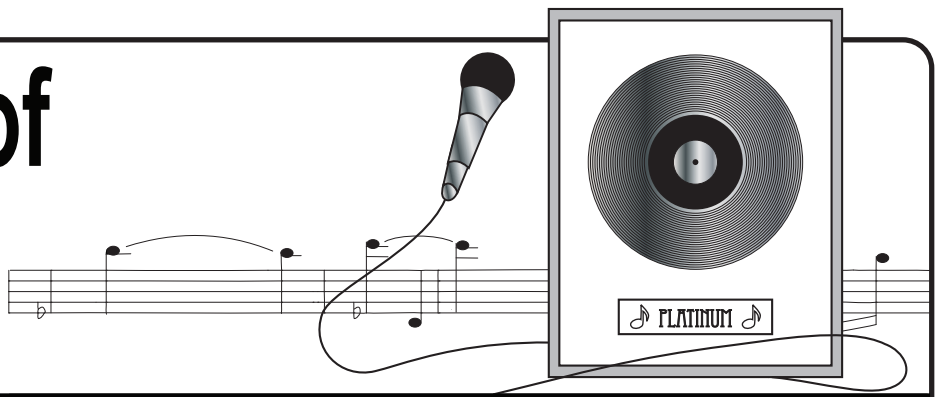


*Self-Portrait with Thorn Necklace
and Hummingbird*

FRIDA KAHLO EXERCISE

Most of Frida's work was about her identity and where she was from. She created many paintings about it, but also did a lot of writing. On the back of this page, write a paragraph about where you are from. Then sketch a picture to go along with it.

The History of Hip Hop



Directions: Read the passage below and answer the questions that follow.

It is said that hip hop music was born at a birthday party in the Bronx, NY. This popular genre of music started out as party music in the 1970s. It was played by local DJs in the city neighborhoods.

DJs put different pieces of music together. They did this to make new sounds. Then, rapping was added. Rapping is a way of talking over the music with words that rhyme. DJs arranged the beats so that rappers could find a rhythm. Then, the rappers would speak in time with the beat. Rappers often wrote lyrics, or the words of a song, about their own lives.

At first, hip hop served as a response to disco. Disco was a dance music craze in the 1970s. Disco was all about wealth and status. Hip hop emphasized reality and community. Hip hop music and culture became helpful to musicians and listeners. It was a way for them to deal with the difficult things about city life.

Hip hop quickly became an artistic outlet for African Americans. It was a new way to tell stories. From there, hip hop evolved from just a type of music to an entire lifestyle.

Hip hop is an art form that continues to evolve and impact communities today. New artists and new sounds are brought into the genre. The new styles continue to become popular. Hip hop is a genre that is heard and enjoyed all over the world.

1. How are hip hop and disco related? _____

2. Why do you think hip hop is an important music genre for African Americans? _____

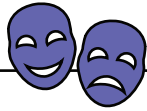
3. What are two things that make hip hop unique? _____

4. What is one notable fact about how hip hop music was created? _____

5. In your own words, write a definition for *rapping*. _____



Dance



Since ancient times, people have danced. Cave and rock paintings from as far back as 3300 B.C. show people dancing. People have danced for ritual, for celebration, and also just for fun!

Every culture has its own dance styles, and its own reasons for dancing. In ancient Greece, citizens would dance to honor gods and celebrate events. Ancient Egyptian women danced at funerals to express sadness. It was around Renaissance times that dance became something that people did for enjoyment.

In the 1600s, King Louis XIV of France enjoyed ballet, which helped make it popular with the public. Pretty soon, people were going to the theater to watch people dance, and it became into a true performing art. Now, there are all different styles of dance, from jazz to tap to hip-hop to salsa...and that's just in the Western world. All over the globe, there are countless styles of dancing, and countless reasons for it.

Make up a dance to a favorite song. Draw each step in the boxes below.

A large, empty rectangular box with a black border, intended for drawing a dance step.A large, empty rectangular box with a black border, intended for drawing a dance step.A large, empty rectangular box with a black border, intended for drawing a dance step.A large, empty rectangular box with a black border, intended for drawing a dance step.

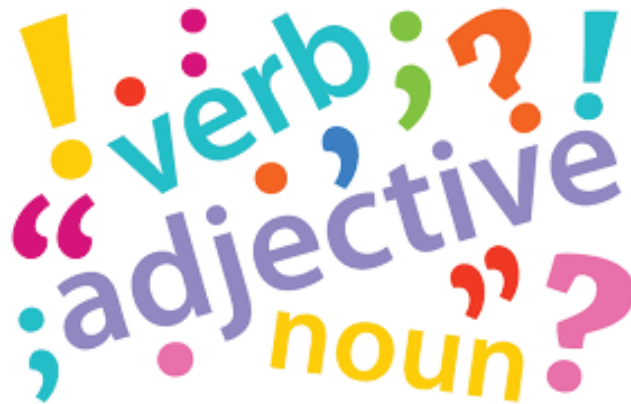
Now make up a dance that tells a story. Pick a favorite book or a famous fairy tale.

A large, empty rectangular box with a black border, intended for drawing a dance step.A large, empty rectangular box with a black border, intended for drawing a dance step.A large, empty rectangular box with a black border, intended for drawing a dance step.A large, empty rectangular box with a black border, intended for drawing a dance step.

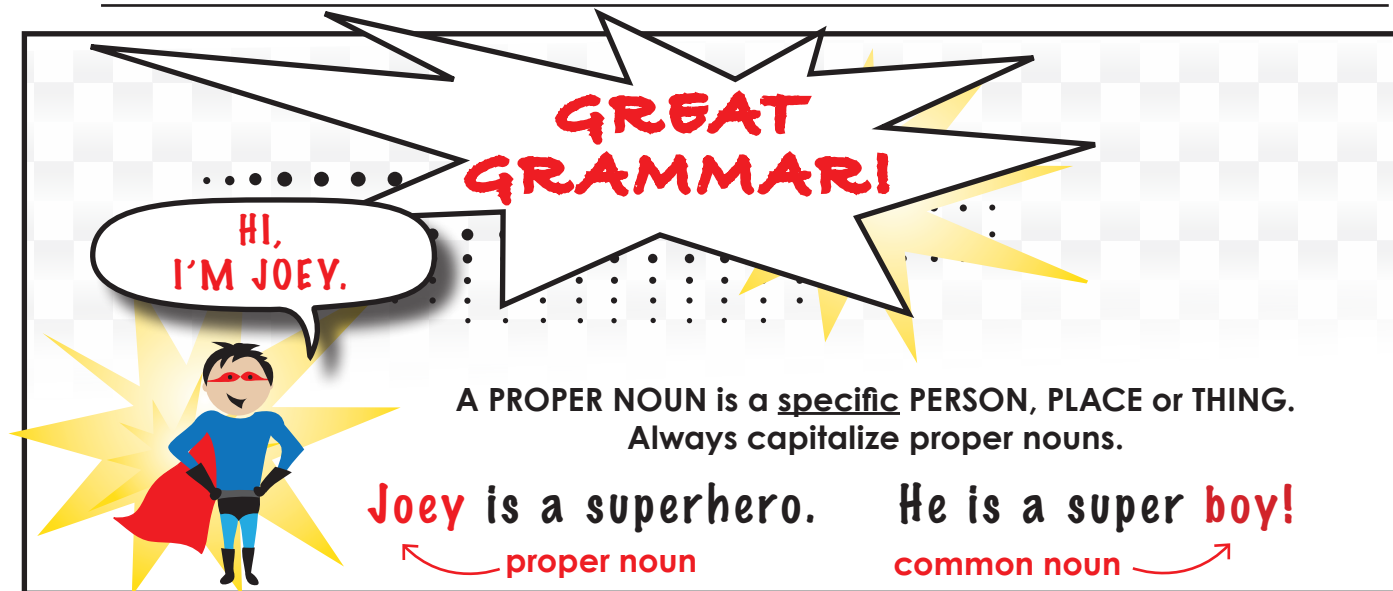


BOYS & GIRLS CLUB

English: Punctuation & Grammar



- 1 : helps the reader make sense of a sentence
- 2: the study of the rules of a language that help people understand how to understand, read & write.



GREAT GRAMMAR!

HI, I'M JOEY.

A PROPER NOUN is a specific PERSON, PLACE or THING.
Always capitalize proper nouns.

Joey is a superhero. He is a super **boy**!

↖ proper noun common noun ↗

Identify each underlined noun as common or proper in each sentence.

1. I think he takes off his mask when he goes home.

common

2. Joey has a super suit that he likes to wear.

3. We heard about him on television.

4. He leapt the Empire State Building in a single bound.

5. He saved Ms. Kitty who was stuck in a tree.

6. Carrie saw him fly in the sky.

Replace the underlined common noun fragment with a proper noun.

7. He flew through the city.

8. Let's go to the store to buy a comic book.

9. My brother has an cape just like his.

10. I will go to the park and pretend to be a superhero.

11. The boy flew up to the clouds.



How is a proper noun different from a common noun?

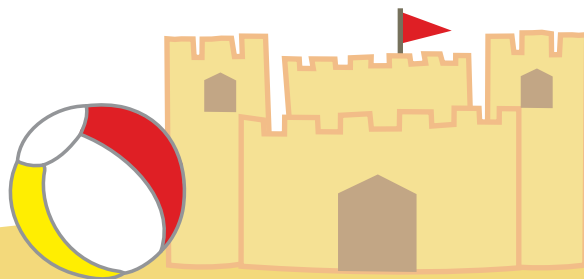
12. _____



Noun Practice

Circle the correct answer.

1. Which word is a noun?
ran
swam
sand
smiled
2. The correct plural form of beach is:
beach's
beaches
beachs
beachies
3. Which word is a proper noun?
sunglasses
Hawaii
towel
water
4. Which word is not a noun?
sunny
water
umbrella
sunscreen
5. Which word in the sentence below is a plural noun?
Marie collected seashells by the blue water.
Marie
seashells
water
blue
6. Which two words are common nouns in the sentence below?
I am going to build a huge castle in the sand.
I and sand
castle and sand
going and build
I and build
7. Which word is not a proper noun?
Carribean
Florida
ocean
California
8. The word **surfboard** is a:
plural noun and proper noun
plural noun and common noun
singular noun and common noun
singular noun and proper noun
9. The word **March** is a:
plural noun and proper noun
plural noun and common noun
singular noun and common noun
singular noun and proper noun
10. Which word is a plural noun?
towels
shovel
frisbee
shell



Make It Proper

Identify and write a **proper noun** in the right column that goes with the **common noun** in the left column.

A **common noun** names **any** person, place, or thing.

Examples: boy, state, month

A **proper noun** is the name of a **specific** person, place, or thing.

Proper nouns always begin with a capital letter.

Examples: Johnny, New York, February

Common Noun

Proper Noun

month

country

planet

city

athlete

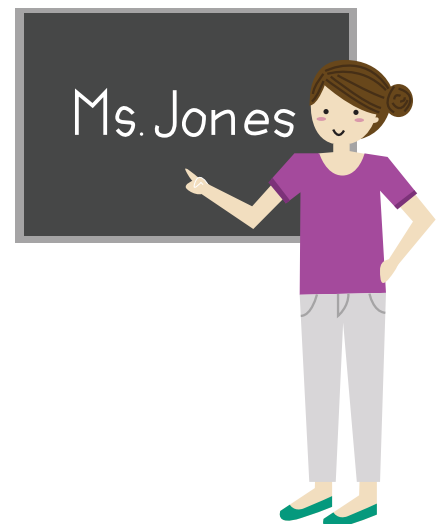
street

holiday

president

ocean

river



Missing Apostrophes

Fill in the missing apostrophes from the **possessive nouns** to make the sentence correct.

Add an apostrophe and an s to a singular noun, even if it ends in s.

For example: the girl's house / the bus's driver

.....

Add only an apostrophe to a plural noun ending in s.

For example: the horses' manes

.....

Add an apostrophe and an s to irregular plural nouns that do not end in s.

For example: the women's hats

Those boys bicycles were stolen outside the store.

Are you going to Maxs birthday party on Sunday?

Erika thinks elephants trunks are extremely interesting.

At the wedding, many of the ladies dresses matched.

The childrens toys are all over the floor!

Julie only likes to cut mens hair.

All of my friends houses are near the park.

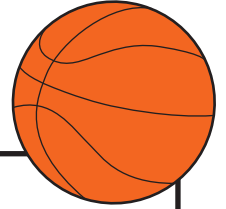
The singers voice was high-pitched.

I found my sweaters missing button!



Sports Cause and Effect

A cause is why something happens. An effect is what happens.
Circle the best effect for each cause.



The basketball team practiced every day...	so they won the game. so they lost the game.
Ava ran too fast with the soccer ball...	so she tripped over the ball. so she passed the ball.
John made the most goals at the water polo match...	so he was named Most Valuable Player. so he was kicked off of the team.
Samantha ate too much candy before swim practice...	so she felt strong. so she got a stomachache.
Paul stayed up late the night before golf tryouts...	so he went out to lunch with the coach. so he messed up his swing.
Malia stretched before the track meet...	so she wasn't injured during the race. so she pulled a leg muscle.
It rained before the football game...	so they won the game. so the field was muddy.
Carter earned the most points at the skating competition...	so he didn't place in the top three. so he won the gold medal.
Manuel ate a healthy breakfast before the wrestling match...	so he had energy to perform well. so he got a stomachache.
Jane forgot to use chalk on her hands before the gymnastics event...	so she won the gold medal. so her hands slipped.






Math









1 : Mathematics, or math, is the study of numbers and how they are related to each other and to the real world.




Superstar

Count the stars in each group. Write the number in the box. Write the sum in the last box.


 $+$ 
 $=$ 


 $+$ 
 $=$ 


 $+$ 
 $=$ 


 $+$ 
 $=$ 

Grade 1

Math with Jacks



Let's play a game of jacks! Add the numbers. Use the jacks to help you count.

1.

$$\begin{array}{r} 5 \\ + 3 \\ \hline \end{array}$$

2.

$$\begin{array}{r} 4 \\ + 3 \\ \hline \end{array}$$

3.

$$\begin{array}{r} 2 \\ + 7 \\ \hline \end{array}$$

4.

$$\begin{array}{r} 2 \\ + 6 \\ \hline \end{array}$$

5.

$$\begin{array}{r} 4 \\ + 2 \\ \hline \end{array}$$

6.

$$\begin{array}{r} 1 \\ + 2 \\ \hline \end{array}$$

7.

$$\begin{array}{r} 4 \\ + 4 \\ \hline \end{array}$$

8.

$$\begin{array}{r} 1 \\ + 1 \\ \hline \end{array}$$

9.

$$\begin{array}{r} 1 \\ + 6 \\ \hline \end{array}$$

10.

$$\begin{array}{r} 7 \\ + 2 \\ \hline \end{array}$$

11.

$$\begin{array}{r} 3 \\ + 4 \\ \hline \end{array}$$

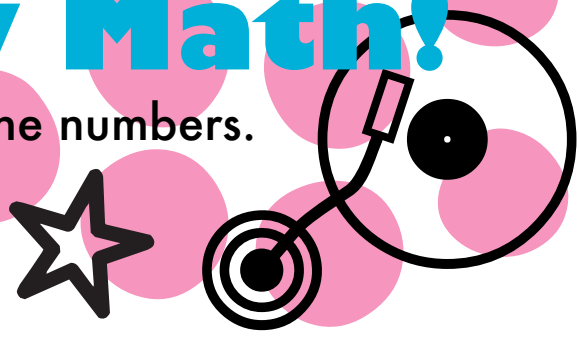
12.

$$\begin{array}{r} 7 \\ + 1 \\ \hline \end{array}$$

Grade 1

Dance Party Math!

Dance your way through math! Add the numbers.



1.
$$\begin{array}{r} 2 \\ + 7 \\ \hline \end{array}$$

2.
$$\begin{array}{r} 3 \\ + 7 \\ \hline \end{array}$$

3.
$$\begin{array}{r} 3 \\ + 2 \\ \hline \end{array}$$

4.
$$\begin{array}{r} 2 \\ + 3 \\ \hline \end{array}$$

5.
$$\begin{array}{r} 1 \\ + 2 \\ \hline \end{array}$$

6.
$$\begin{array}{r} 5 \\ + 2 \\ \hline \end{array}$$

7.
$$\begin{array}{r} 1 \\ + 3 \\ \hline \end{array}$$

8.
$$\begin{array}{r} 4 \\ + 3 \\ \hline \end{array}$$

9.
$$\begin{array}{r} 4 \\ + 2 \\ \hline \end{array}$$

10.
$$\begin{array}{r} 3 \\ + 1 \\ \hline \end{array}$$

11.
$$\begin{array}{r} 2 \\ + 6 \\ \hline \end{array}$$

12.
$$\begin{array}{r} 4 \\ + 1 \\ \hline \end{array}$$



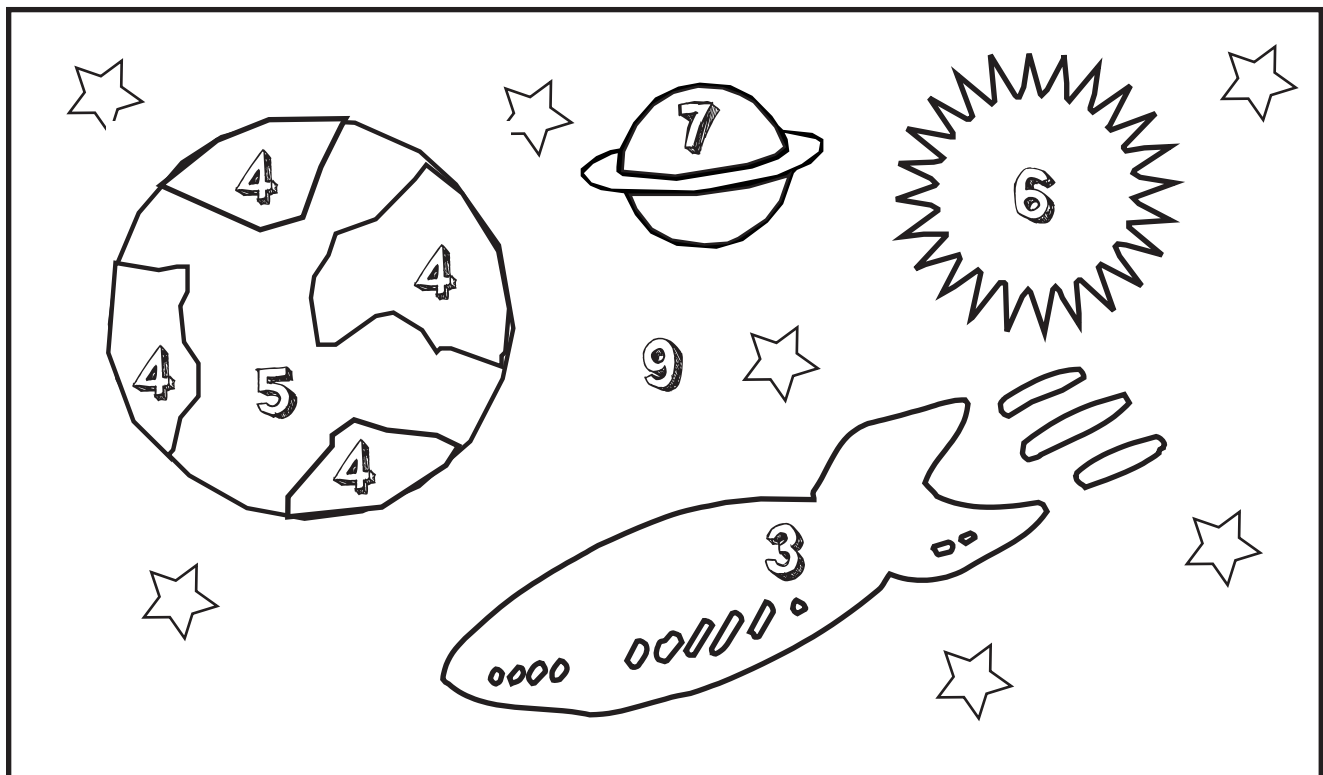
Coloring Addition

Find the answer to each problem , then use the numbers to color the picture.

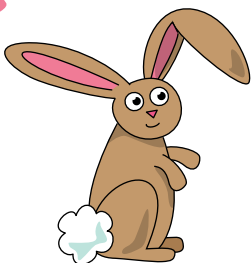
$7+2 = \underline{\quad\quad} \text{ black} \qquad 3+2 = \underline{\quad\quad} \text{ blue}$

$5+1 = \underline{\quad\quad} \text{ orange} \qquad 6+1 = \underline{\quad\quad} \text{ yellow}$

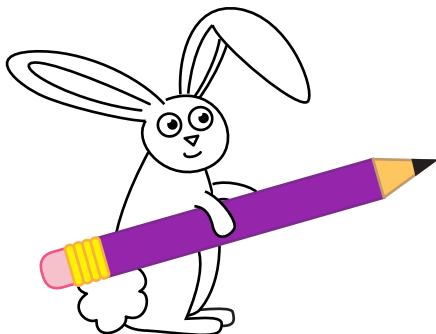
$2+2 = \underline{\quad\quad} \text{ green} \qquad 3+0 = \underline{\quad\quad} \text{ red}$



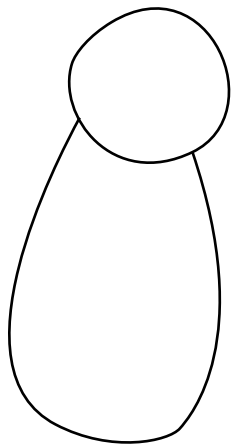
Bunny Race



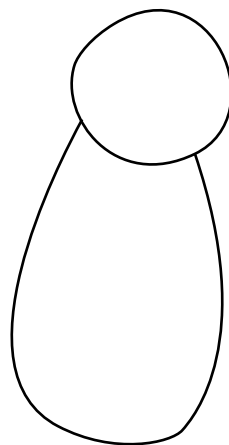
**A Draw in the
Bunny Race!**



Have a grown-up help cut out the cards on this page and assemble the die from the next page. You will need a pencil, pen, or crayon to draw on the bunnies.



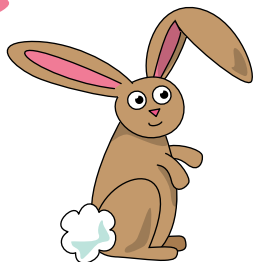
Name: _____



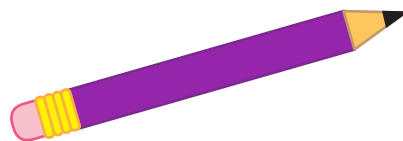
Name: _____



Bunny Race



A Draw in the
Bunny Race!

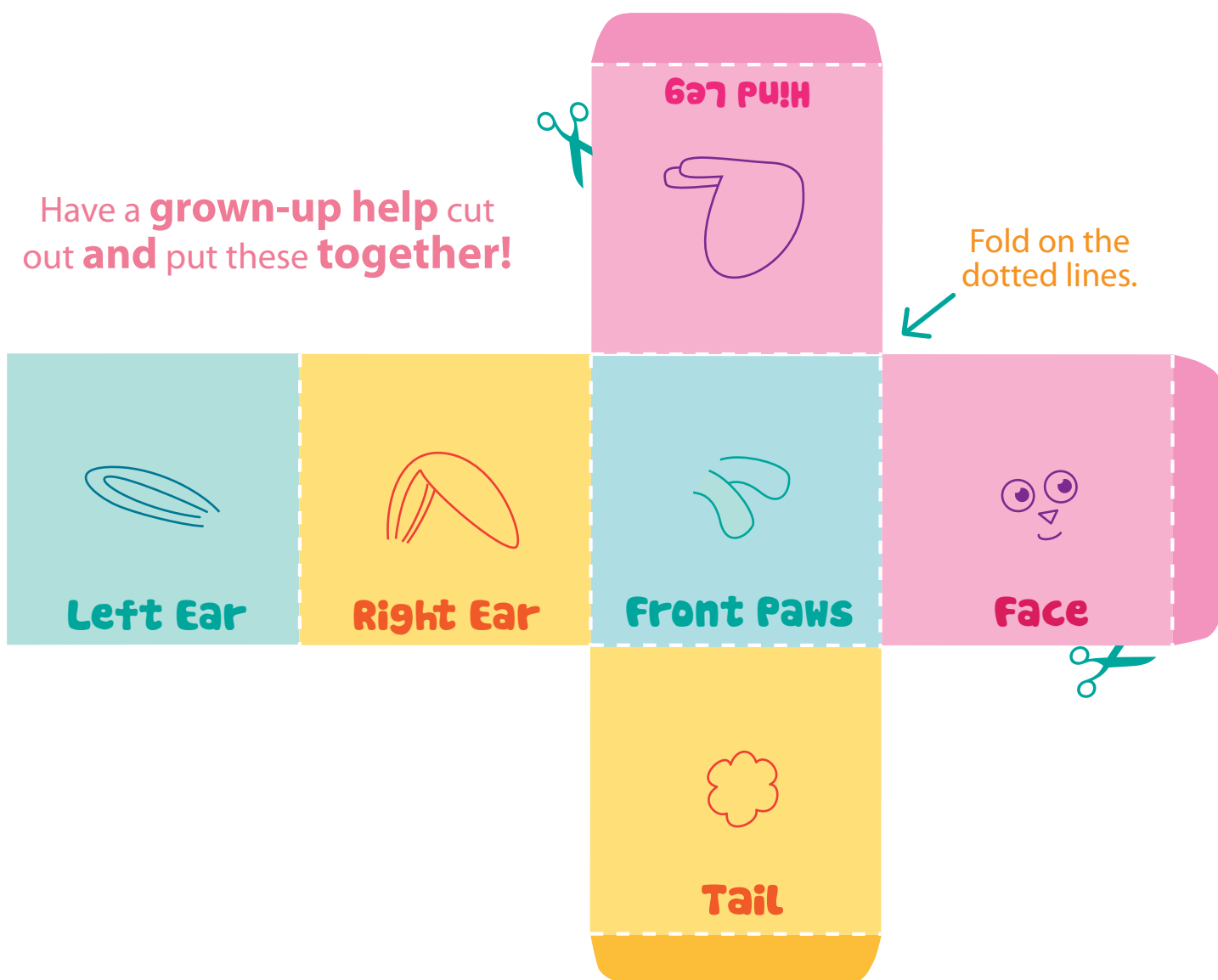


Cut, fold and then **tape** the die
together. **Now** you are ready to **play!**

For **best results**, print on
thicker paper.

Have a **grown-up help** cut
out **and** put these **together!**

Fold on the
dotted lines.



Odd or Even?: Practice Addition

Tell whether the numbers are odd or even. Then find the answer. Is the sum odd or even?



$4 + 1 =$ Even + Odd $=$ 5 . 5 is an odd number.

$3 + 7 =$ _____ $=$ _____. _____ is an _____ number.

$2 + 6 =$ _____ $=$ _____. _____ is an _____ number.



$8 + 4 =$ _____ $=$ _____. _____ is an _____ number.

$5 + 6 =$ _____ $=$ _____. _____ is an _____ number.

$4 + 9 =$ _____ $=$ _____. _____ is an _____ number.

$7 + 7 =$ _____ $=$ _____. _____ is an _____ number.



$10 + 5 =$ _____ $=$ _____. _____ is an _____ number.

$14 + 4 =$ _____ $=$ _____. _____ is an _____ number.

$9 + 20 =$ _____ $=$ _____. _____ is an _____ number.

$12 + 11 =$ _____ $=$ _____. _____ is an _____ number.

$13 + 7 =$ _____ $=$ _____. _____ is an _____ number.



Do you notice a pattern? Do even numbers always add up to an even answer? What about odd numbers?



Coloring Addition

Find the answer to each problem, then use the numbers to color the picture.

$4+3=$ _____ brown

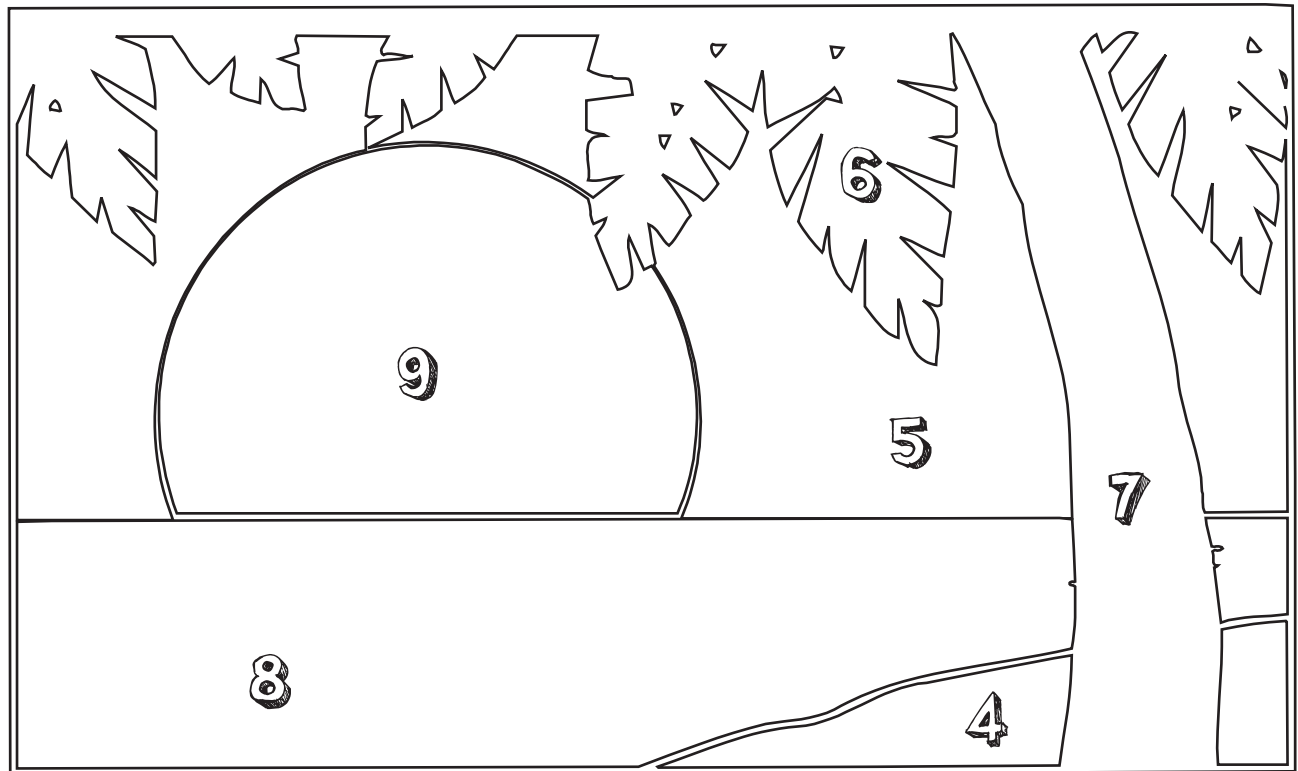
$0+8=$ _____ blue

$5+4=$ _____ orange

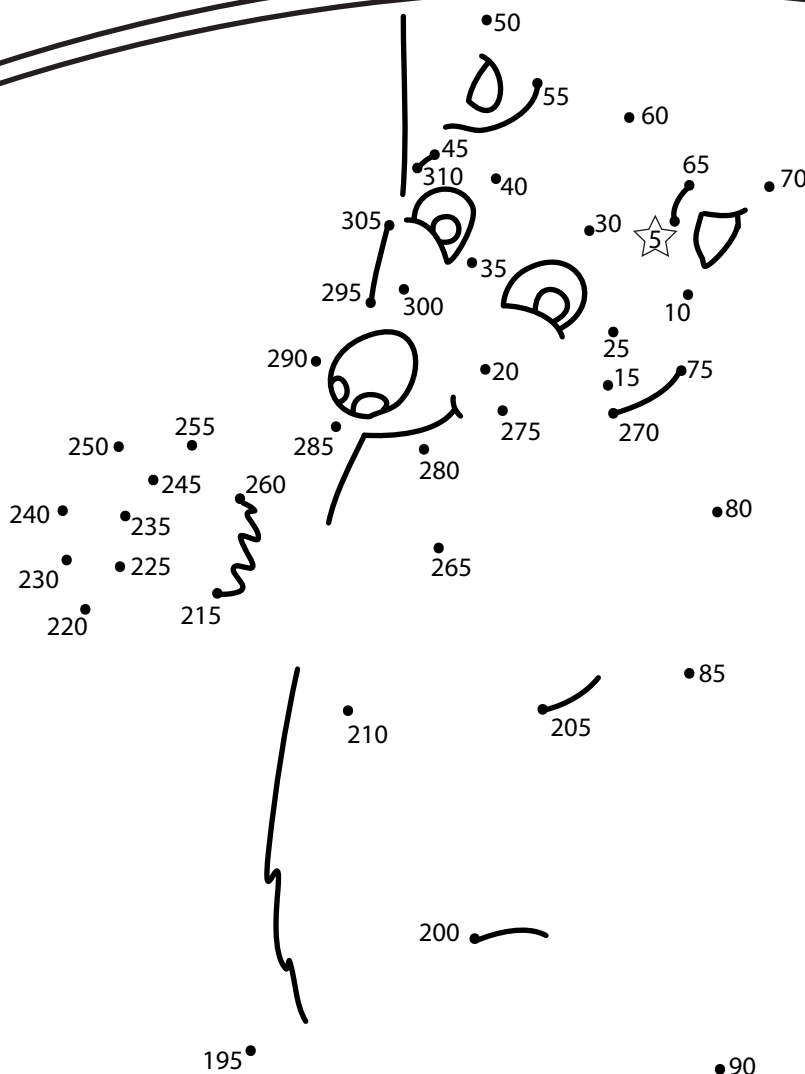
$2+2=$ _____ yellow

$2+4=$ _____ green

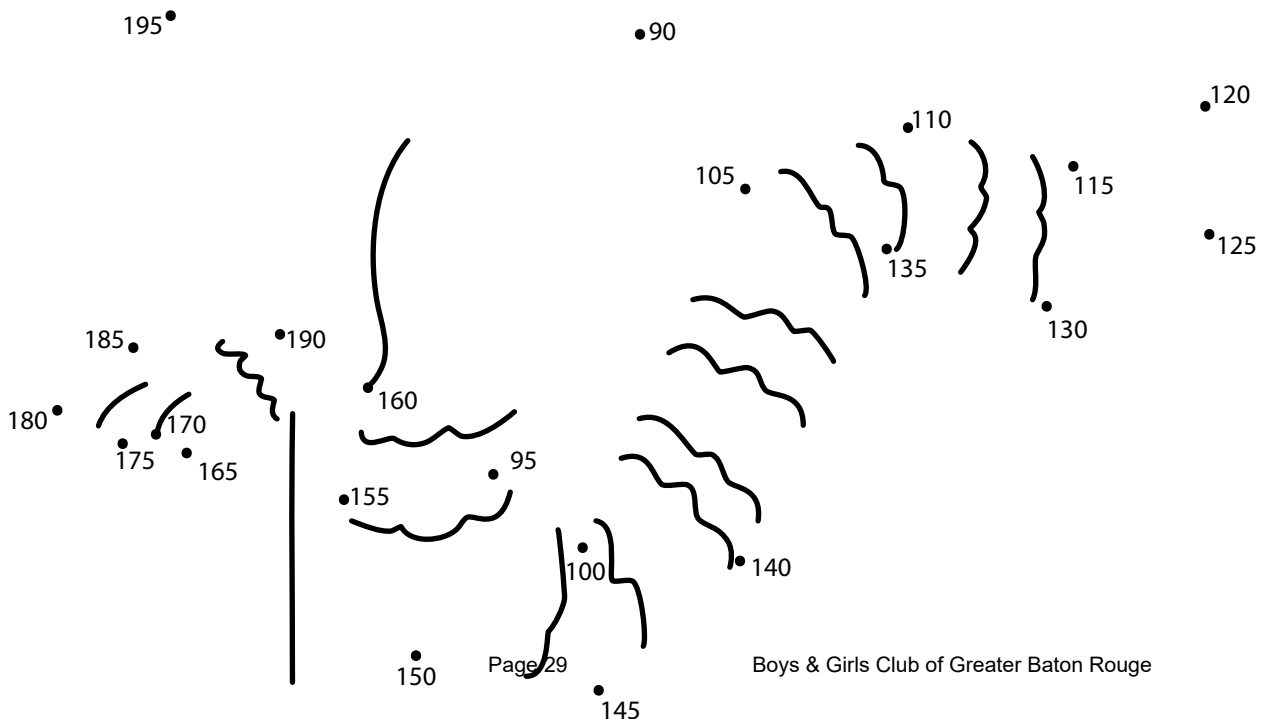
$4+1=$ _____ purple



DOT-TO-DOT ZOO



What animal is it?
Count by 5's to complete
the picture.



DOUBLE DOMINO

Add the sum of each domino and multiply by 2.

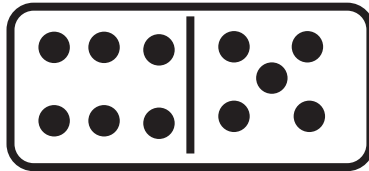
Example:

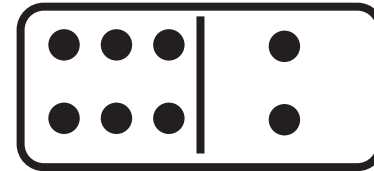


$$2 + 3 = 5$$

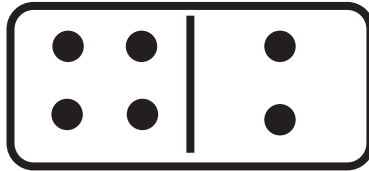
$$5 \times 2 = 10$$

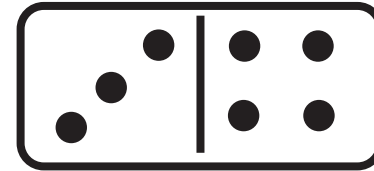
Answer is 10

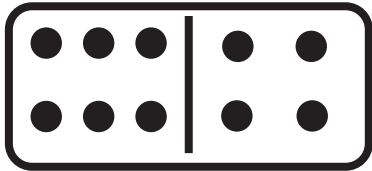


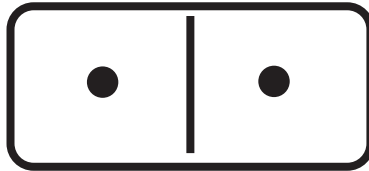


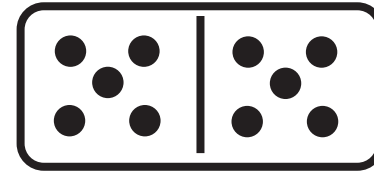


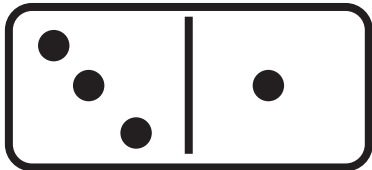


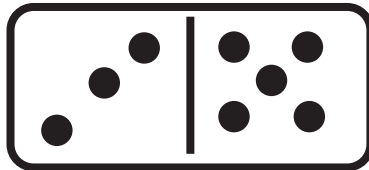


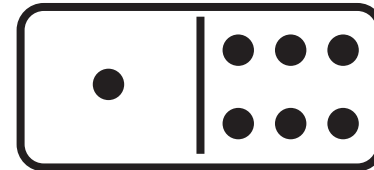








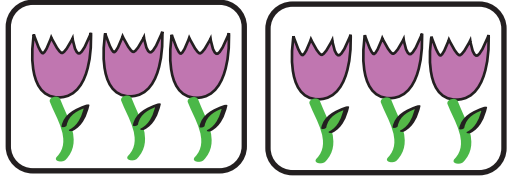




Multiplication

Learn how to multiply by thinking of numbers as groups. Use the groups of tulips to help you answer each multiplication problem.

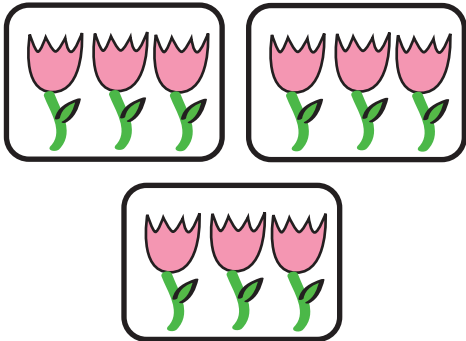
Example:



2 groups with 3 tulips each

There are 6 tulips in total.

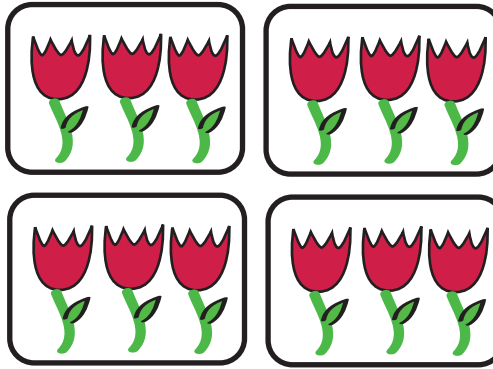
$$\underline{2} \times \underline{3} = \underline{6}$$



___ groups with ___ tulips each

There are ___ tulips in total.

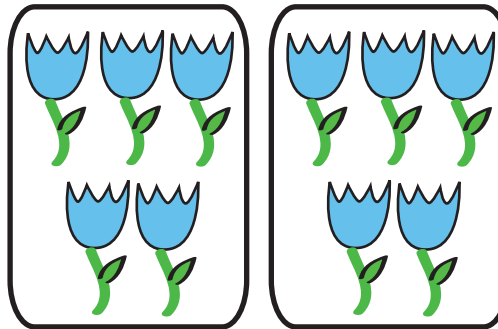
$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$



___ groups with ___ tulips each

There are ___ tulips in total.

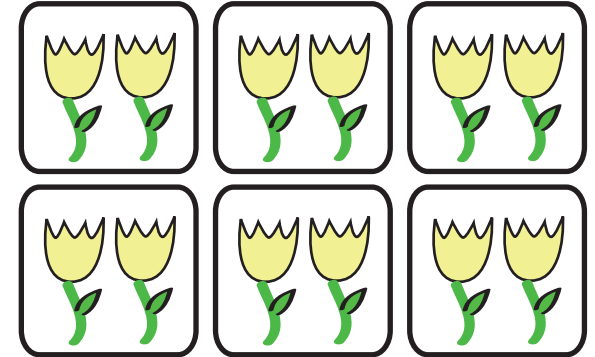
$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$



___ groups with ___ tulips each

There are ___ tulips in total.

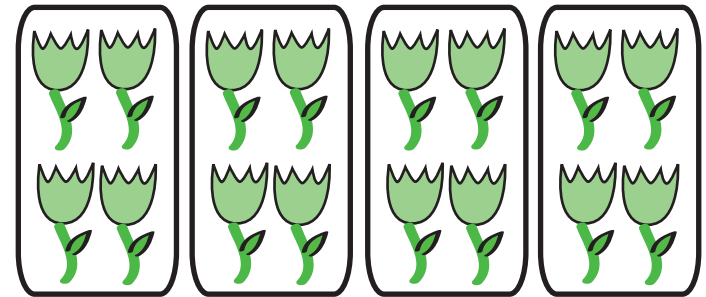
$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$



___ groups with ___ tulips each

There are ___ tulips in total.

$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$



___ groups with ___ tulips each

There are ___ tulips in total.

$$\underline{\quad} \times \underline{\quad} = \underline{\quad}$$

Name _____



Dice Addition!



Roll two dice and add them together. Write the number sentence each time.

$$\bigcirc + \bigcirc = \bigcirc$$

$$\bigcirc + \bigcirc = \bigcirc$$



$$\bigcirc + \bigcirc = \bigcirc$$

$$\bigcirc + \bigcirc = \bigcirc$$



$$\bigcirc + \bigcirc = \bigcirc$$

$$\bigcirc + \bigcirc = \bigcirc$$



Name _____



Dice Addition!



Roll two dice and add them together. Write the number sentence each time.

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$$\bigcirc + \bigcirc = \bigcirc$$

$$\bigcirc + \bigcirc = \bigcirc$$

$$\bigcirc + \bigcirc = \bigcirc$$



Name: _____

Four in a Line



Roll 2 die, add the numbers and color the answer. Keep going until you make four in a line.

11	9	10	8	7	11	2
5	7	4	7	10	9	10
12	10	8	9	6	8	4
3	6	5	12	10	9	5
11	8	9	7	8	4	12
10	6	7	5	9	6	8
2	9	8	10	8	3	10

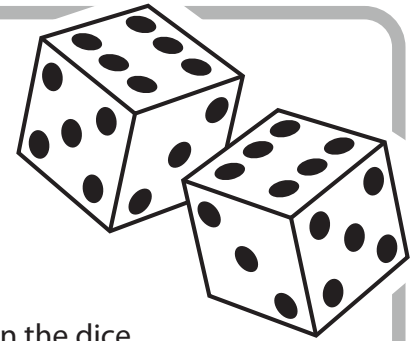
Name _____

Date _____

"You're On a Roll!" Multiplication Game

Materials:

- A pair of dice
- One "You're On a Roll!" Multiplication Game sheet for each player



Directions:

1. Roll a pair of dice.
2. Create a multiplication expression with the two numbers rolled on the dice.
(Example: $4 \times 6 = ?$)
3. Solve the expression to find the product. (Example: $4 \times 6 = 24$)
4. Shade in the product on the chart below.

*If the product is not on the chart, go back to step 1.

1	15	3	24	2
25	4	12	5	18
36	6	8	10	16
20	25	30	12	4
15	24	1	18	5



BOYS & GIRLS CLUB

Mindfulness



- 1 : paying full attention to something or someone.
- 2 : slowing down to really notice what you're doing and feeling.
- 3: being mindful is the opposite of rushing or multitasking.
- 4 : when you're mindful, you're taking your time. You're focusing in a relaxed, easy way.
- 5 : taking time to think before you speak, breath before you react or get upset & to notice how your words make other people feel



Emotion Dice

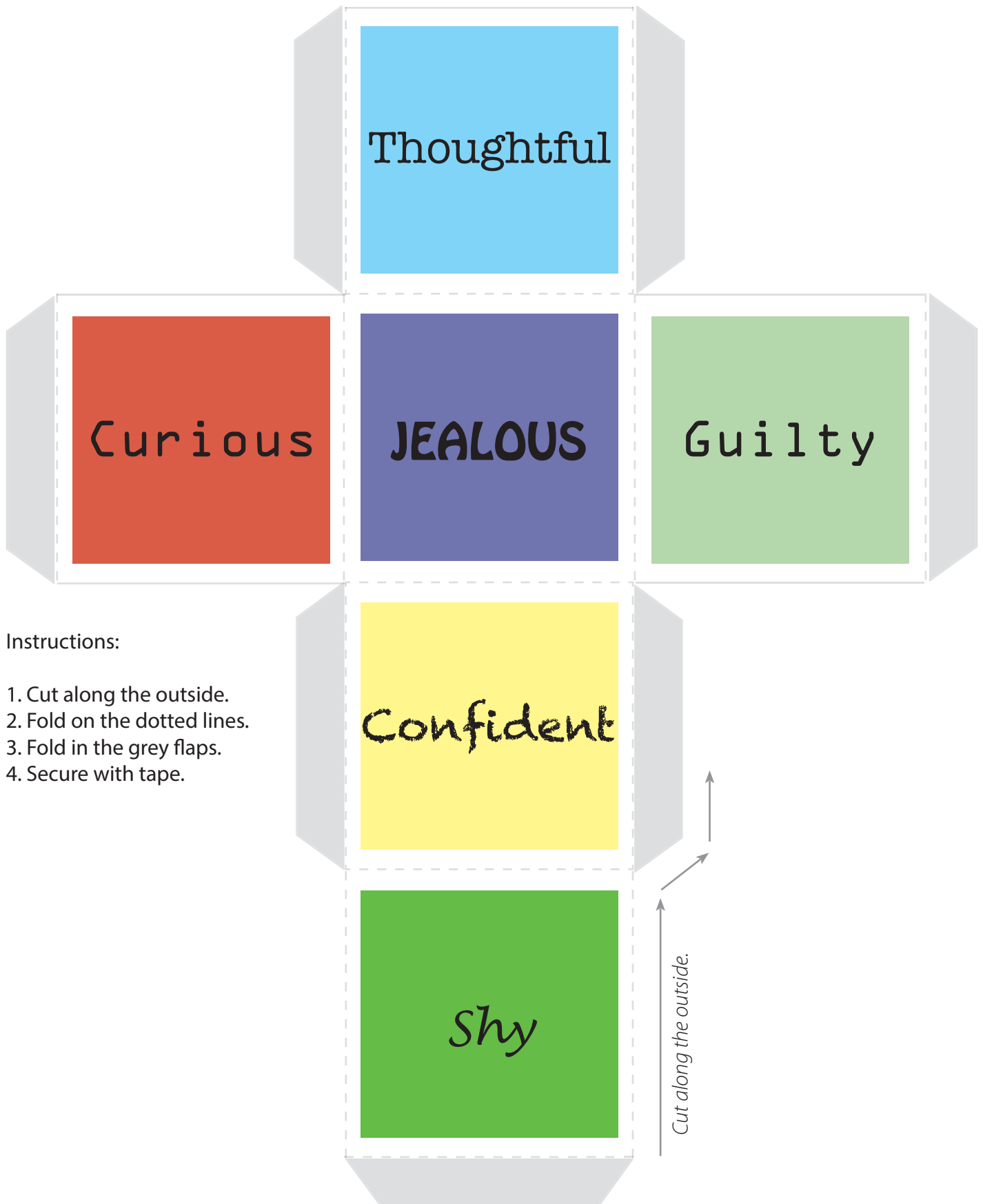


Instructions:

1. Cut along the outside.
2. Fold on the dotted lines.
3. Fold in the grey flaps.
4. Secure with tape.



Emotion Dice



Instructions:

1. Cut along the outside.
2. Fold on the dotted lines.
3. Fold in the grey flaps.
4. Secure with tape.

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Angry



Annoyed



Anxious



Bored

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Brave



Calm



Confident



Confused

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

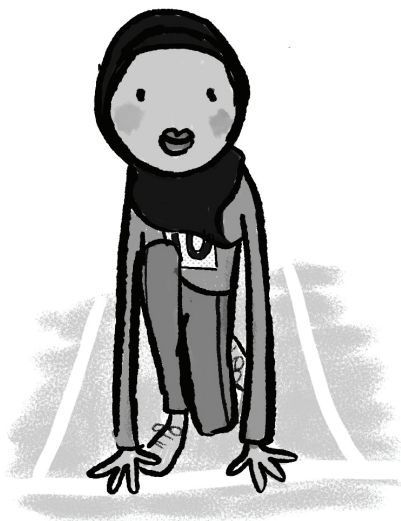
How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Creative



Curious



Determined



Embarrassed

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Excited



Focused



Frustrated



Gloomy

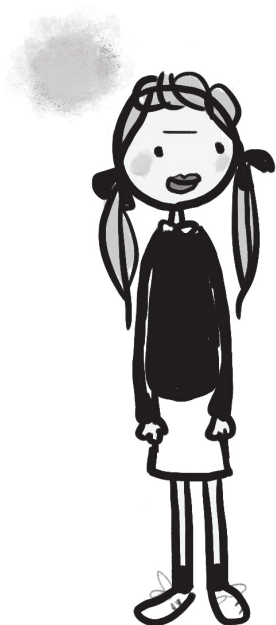
Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Grumpy



Grateful



Happy



Hopeful

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Strong



Tender



Tired



Worried

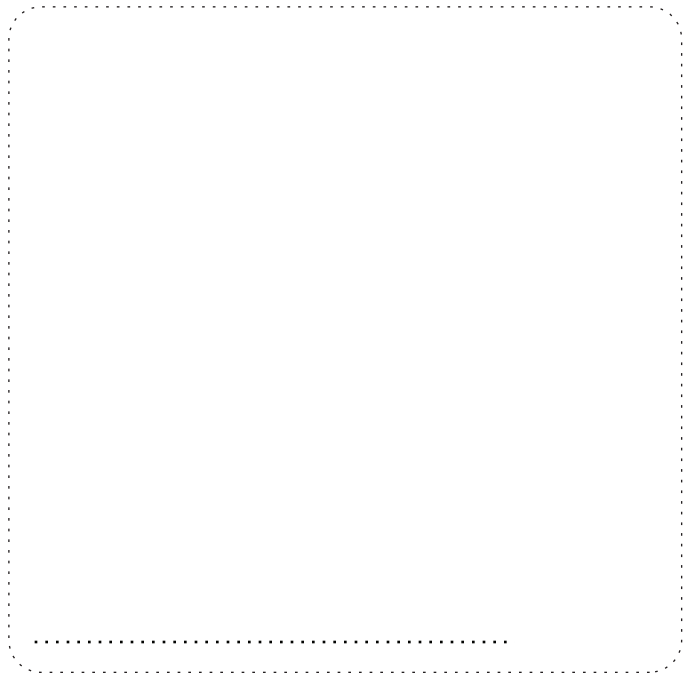
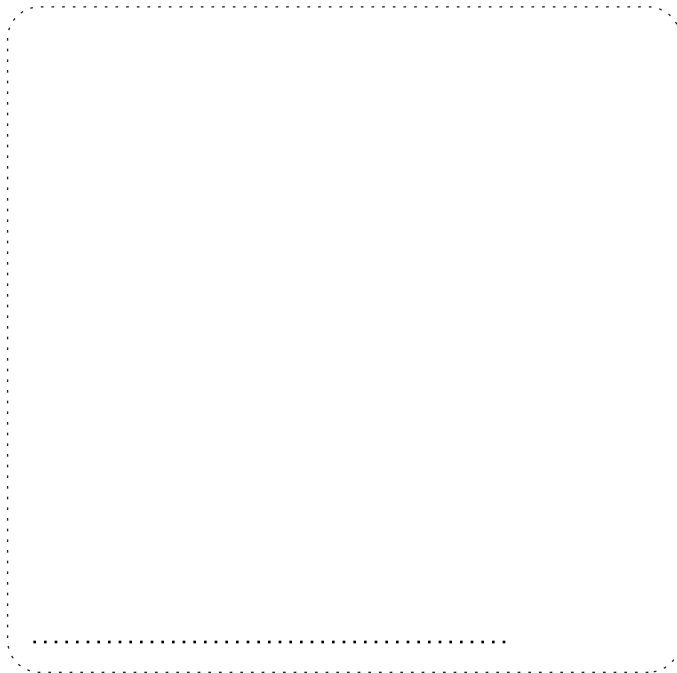
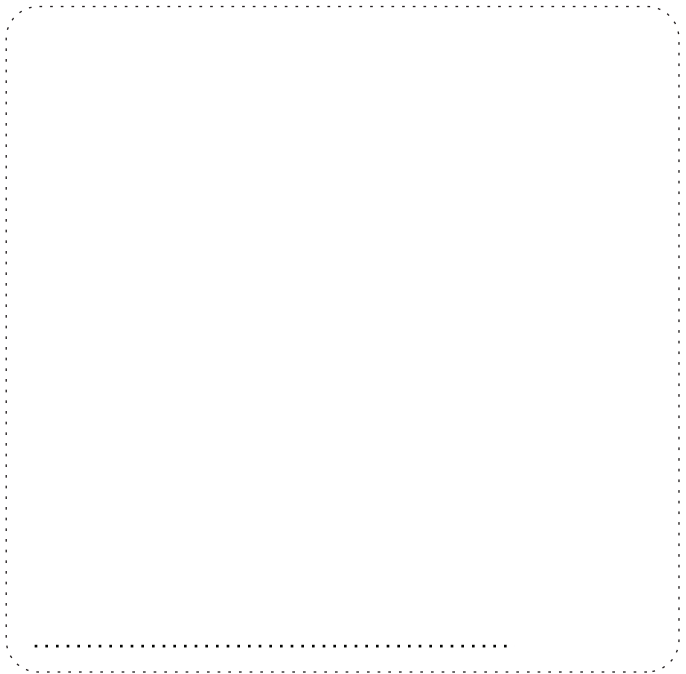
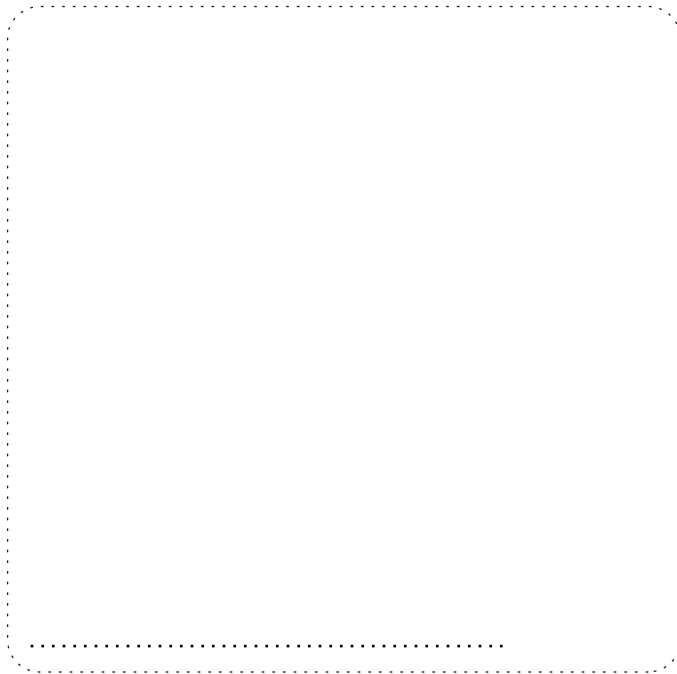
Name _____

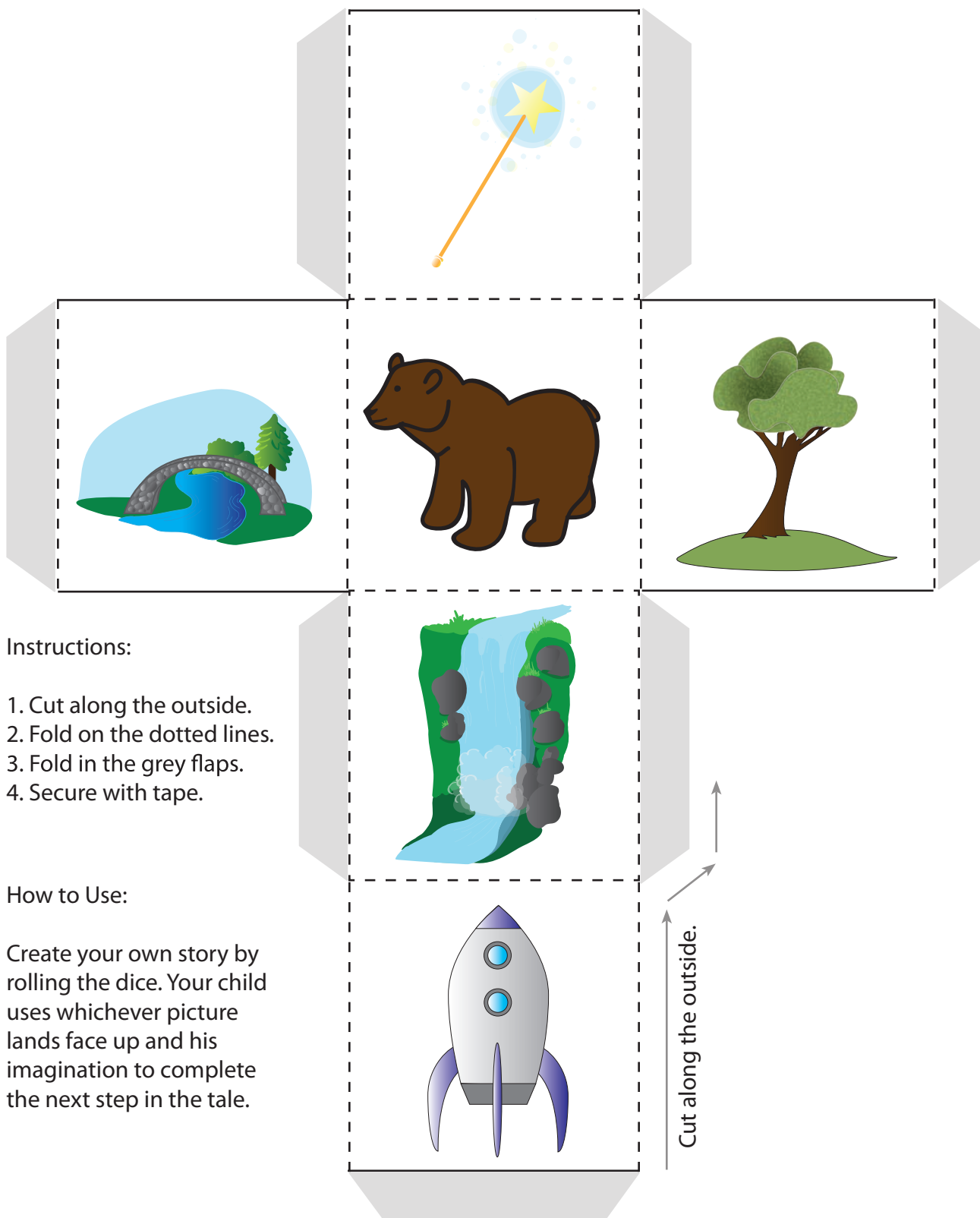
Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.





Now, What Seems to be the Problem?



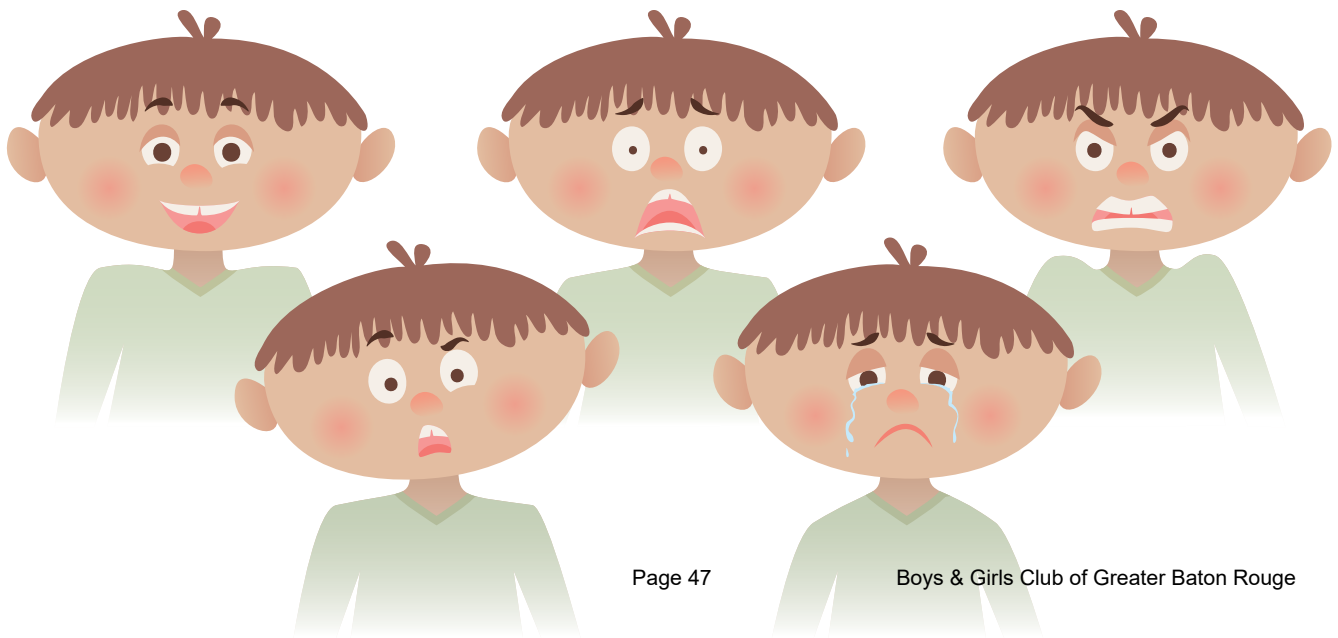
Just like fictional stories, personal narratives involve some kind of a problem, or conflict. Personal narratives are filled with feelings and emotions that often change throughout the story.

Problems could relate to:

a disagreement you had with someone
an obstacle you faced
the challenge of learning something new
getting through a tough time in your life
something unexpected happened

Feelings and Emotions:

serious	happy	scared	furious	sad	annoyed
frustrated	thrilled	excited	hurt	unwelcome	
anxious	determined	confused	surprised		
confident	shocked	warm	safe	inspired	



Use the space below to brainstorm some ideas from your own life. Try to think of an instance where you experienced each type of problem described above and describe it below. Then write two or three feelings or emotions you felt during each experience. You can use the ideas from the box to help you, or come up with your own.

1. Once, I had a disagreement with _____ about _____

Feeling _____ Feeling _____ Feeling _____

2. An obstacle I had to overcome was _____

Feeling _____ Feeling _____ Feeling _____

3. Even though it was really challenging, I finally learned how to _____

Feeling _____ Feeling _____ Feeling _____

4. I once had an unexpected _____

Feeling _____ Feeling _____ Feeling _____

5. I went through a tough time in my life when _____

Feeling _____ Feeling _____ Feeling _____

6. Once, I helped my _____ deal with _____

Feeling _____ Feeling _____ Feeling _____

7. I was really surprised when _____

Feeling _____ Feeling _____ Feeling _____

8. I once failed at _____ but then learned _____

Feeling _____ Feeling _____ Feeling _____

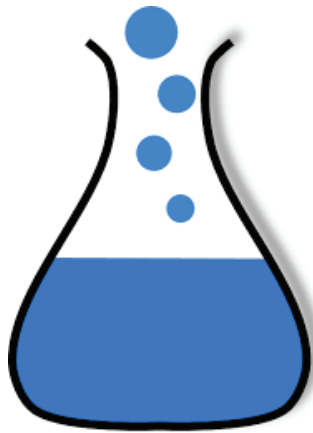
9. There was a time when I had to learn _____

Feeling _____ Feeling _____ Feeling _____



BOYS & GIRLS CLUB

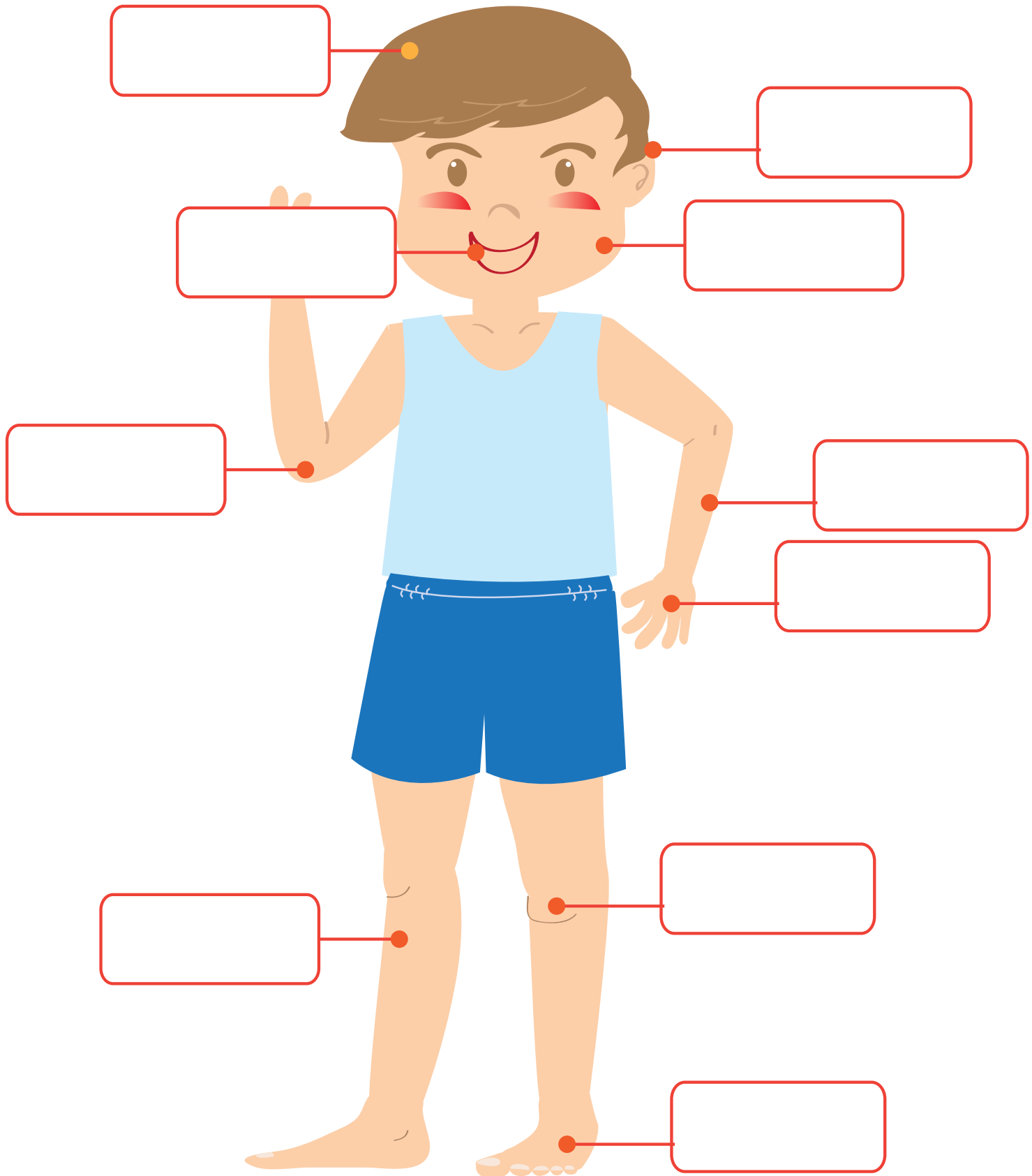
Science



- 1 : knowledge about the natural world that is based on facts learned through experiments and observation.
- 2 : an area of study that deals with the natural world (as biology or physics)

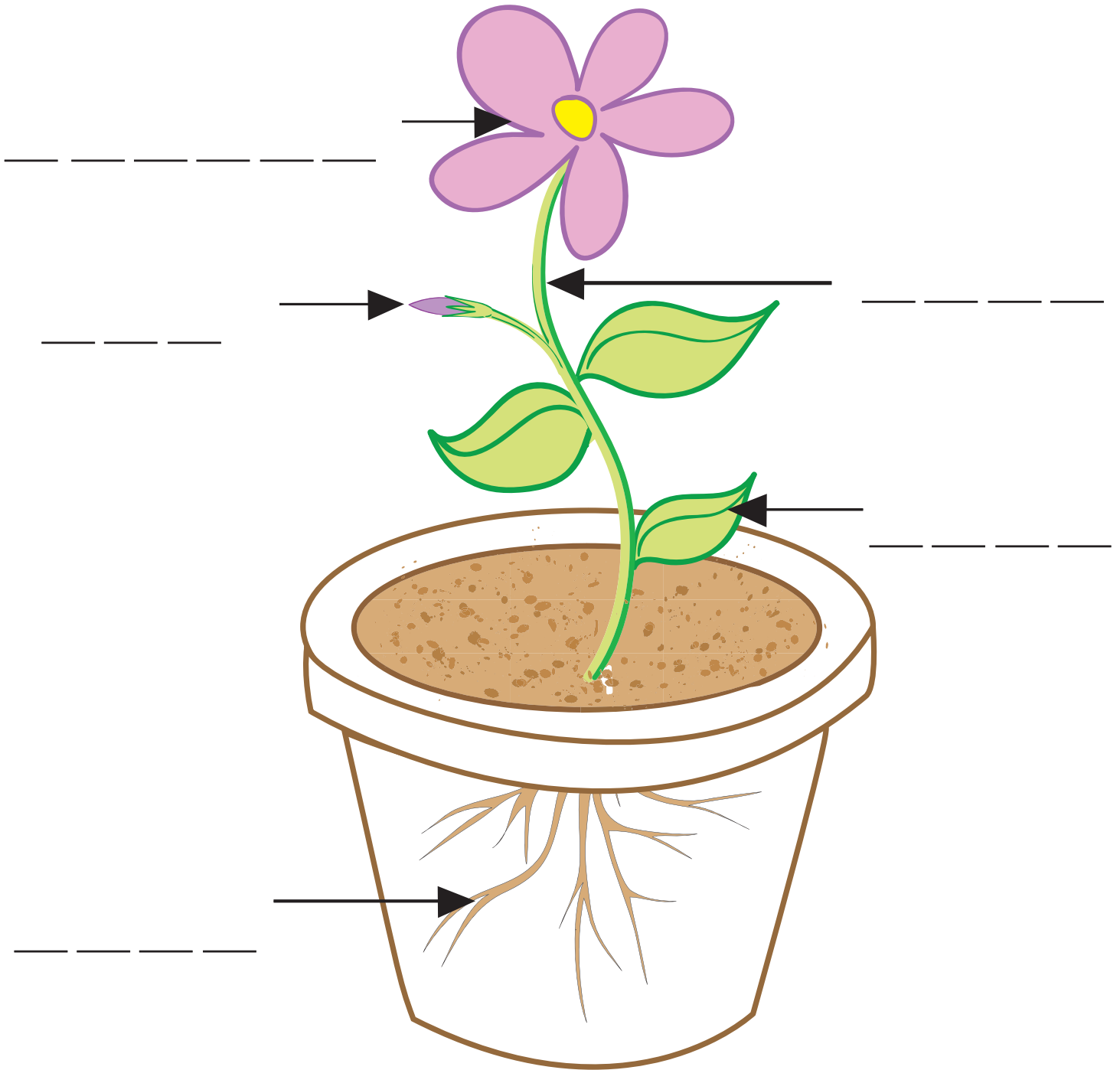
Your Body

Name each part of your body in the space below.



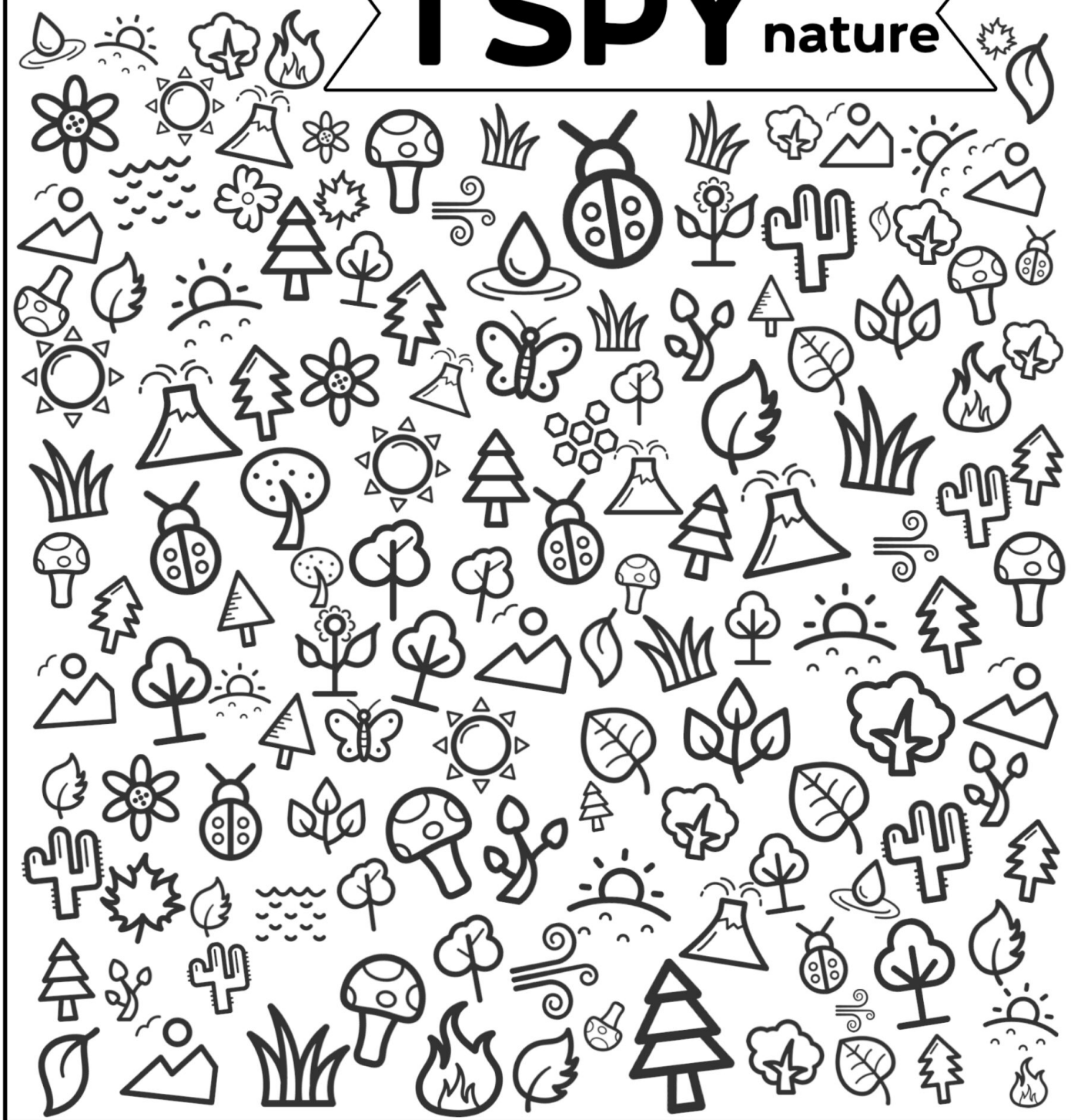
Name the different parts of a plant

Choose the correct word from the bottom of the page to name each part of the plant.



stem flower root bud leaf

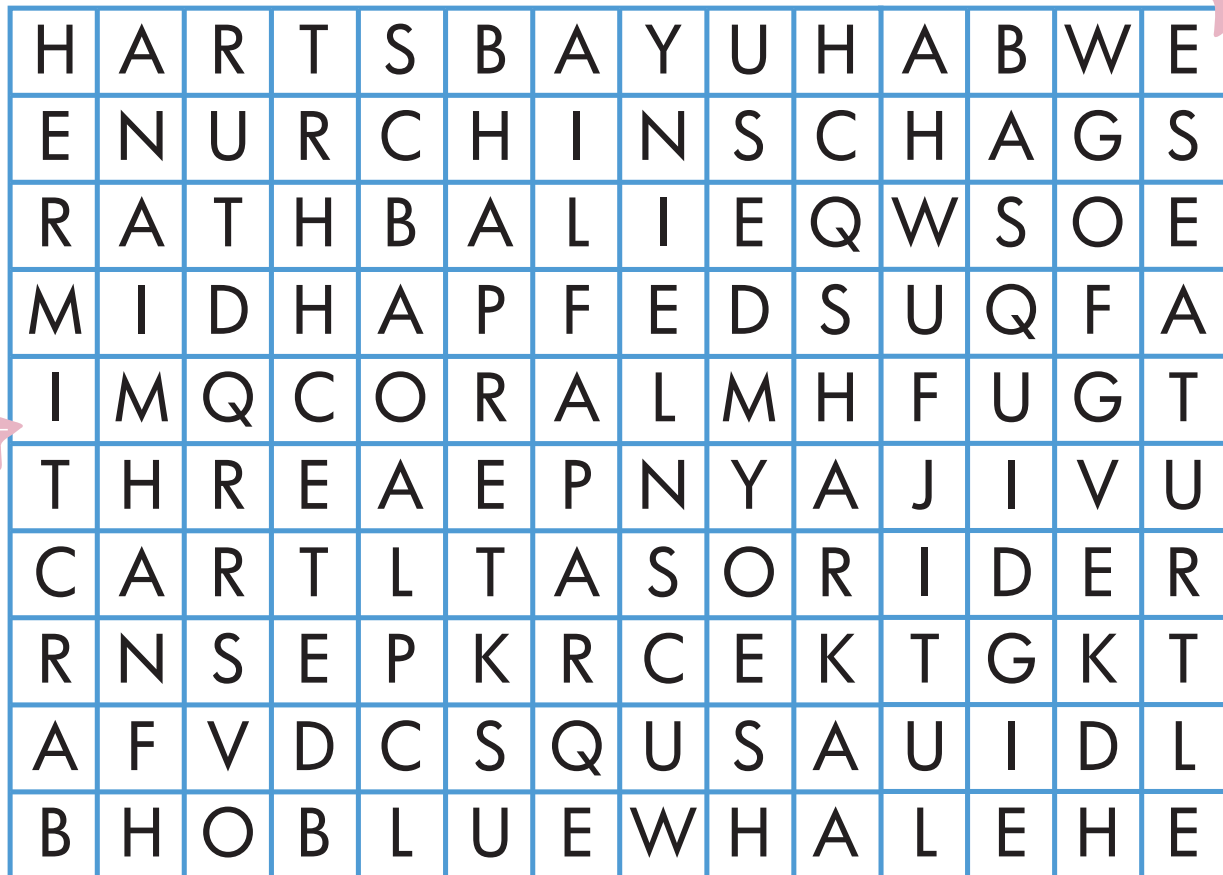
I SPY nature



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 2 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 4 | |
| 3 | | 2 | | 4 | | 6 | | 2 | | 7 | | 3 | | 9 | | 6 | | 3 | |

Ocean Animals

Circle the names of the animals in the word search.



blue whale

hermit crab

coral

starfish

squid

harp seal

urchin

shark

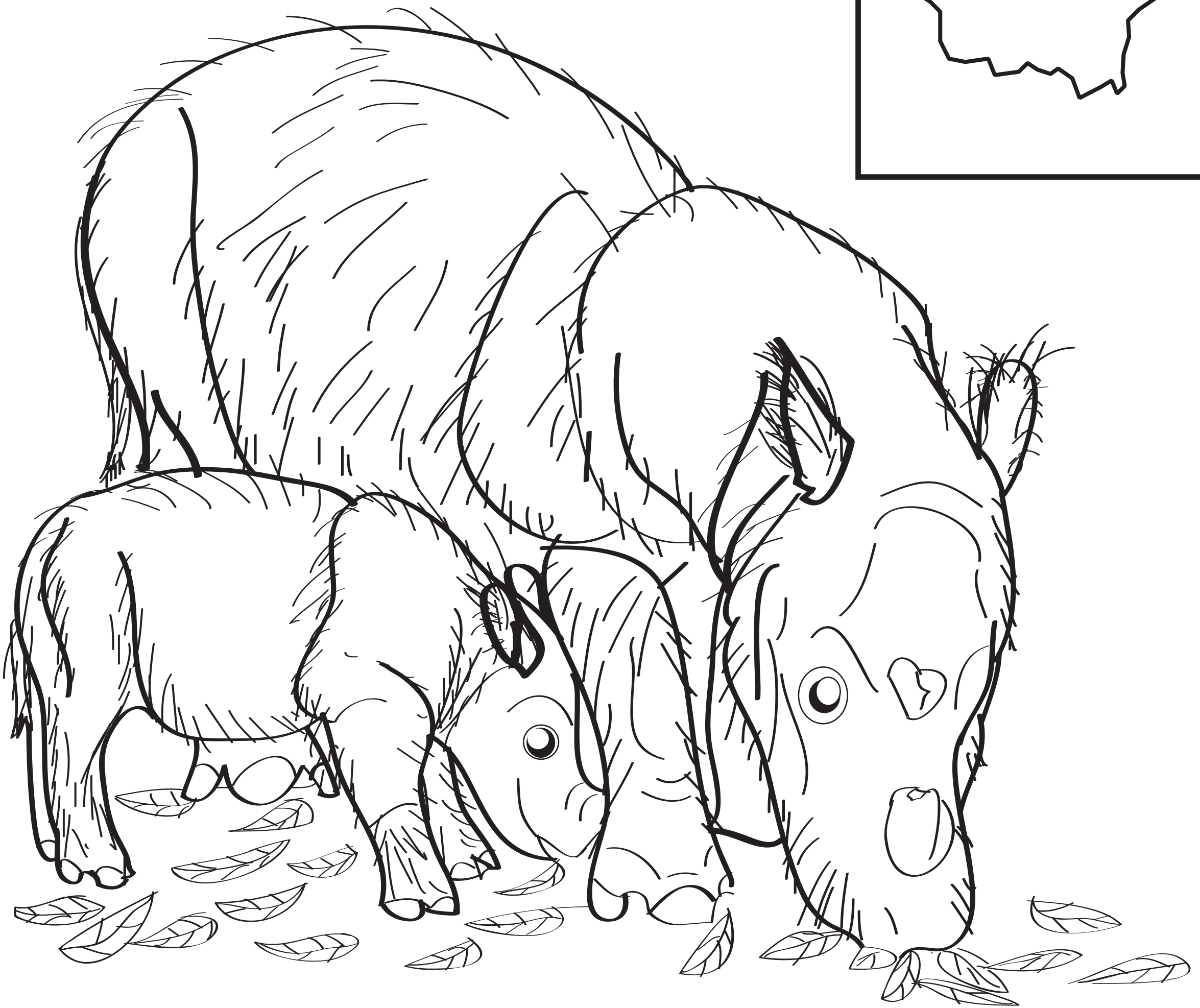
sea turtle

Endangered Species

Sumatran Rhinoceros

Sumatrensis harrissoni

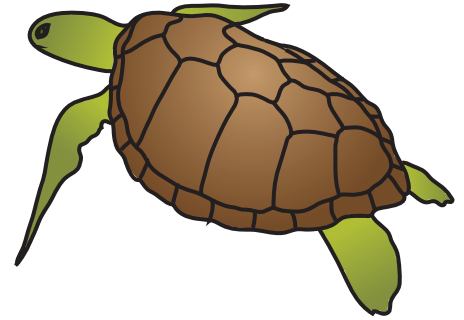
Northern Borneo
Island



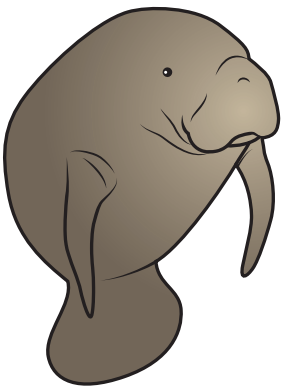
The Sumatran Rhinoceros has only six populations, distributed throughout three islands near Indonesia, including Borneo, Sumatra and the Maylay Peninsula. They have long, shaggy hair that is reddish-brown. There are only an estimated 275 animals left in the wild. They are threatened mainly by deforestation, and by poachers, who can sell the horns for high prices.

ENDANGERED

All these animals are endangered, which means they are in danger of going extinct.

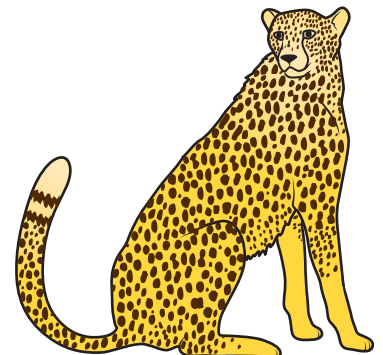


The names of all these animals are hidden in this word search. They can go horizontally, vertically, or diagonally. Can you find all of them?

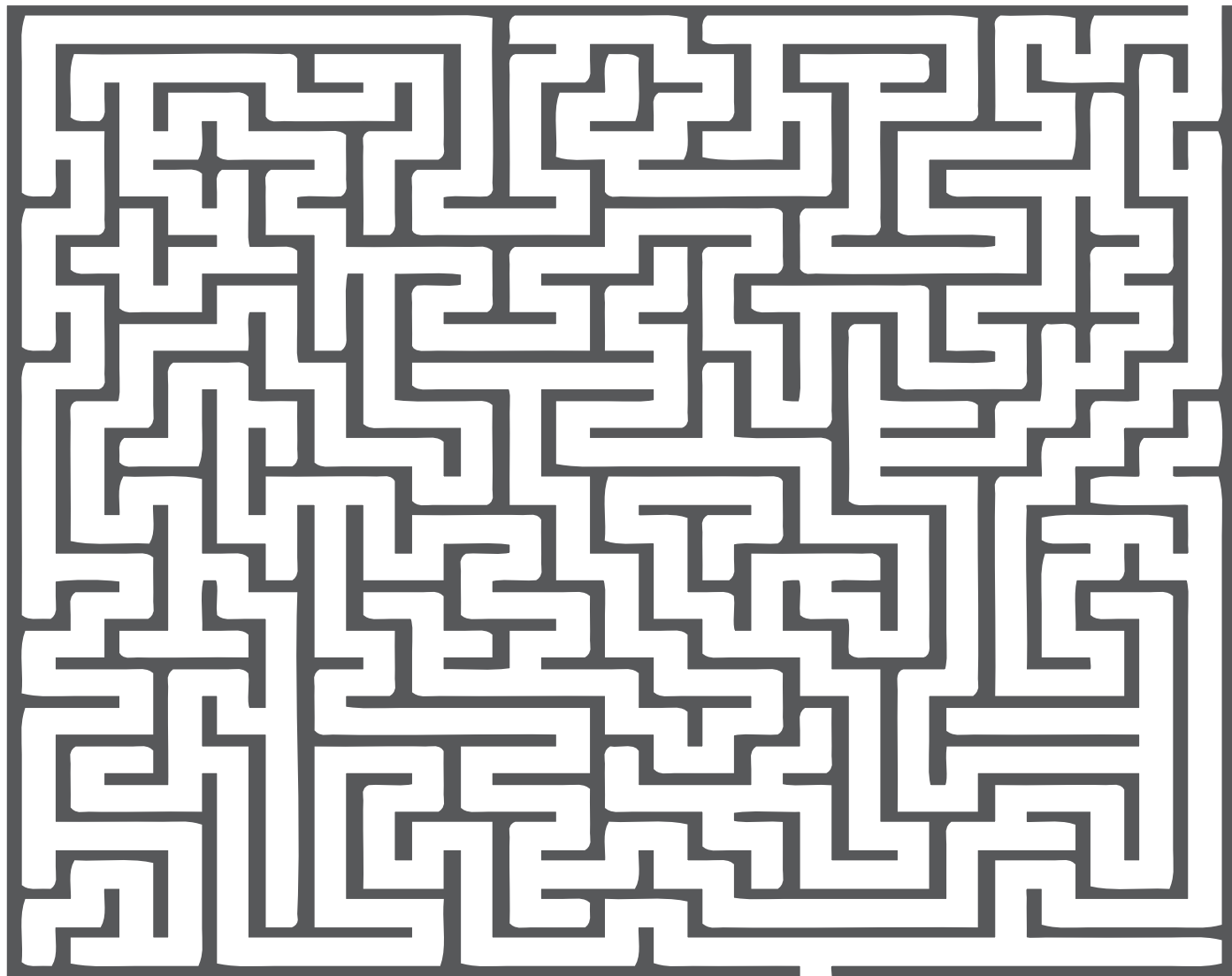
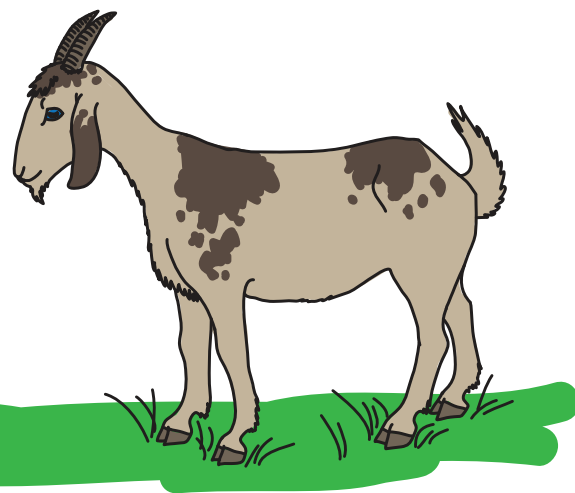


CHEETAH
MANATEE
SEA TURTLE
WHALE
TIGER
PANDA

LEOPARD
RHINO
ELEPHANT
POLAR BEAR
CONDOR
GREY WOLF



Help the Mother Goat Find Her Baby!



How is a star born?

A star is a big ball of plasma that is formed from a cloud of dust and gas.

Sometimes particles of dust and gas float by each other in space without anything happening. Other times gravity clumps these clouds together into compact substances. The particles begin bouncing off of each other, creating friction and heat. Eventually, the heat becomes so intense that it creates a nuclear reaction which releases a massive amount of energy and light. The resulting substance is a star.



QUESTION & ANSWER:

What is a star?

.....

.....

What gets released after a nuclear reaction involving intense heat?

.....

.....

Did you know that celebrities and actors are often called stars?

Why do you think we compare famous people to burning lights in the sky?

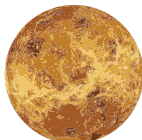


Planet Scramble

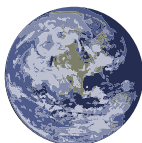
Unscramble the names of the planets.



ECRMYUR _ _ _ _ _



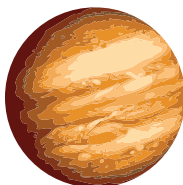
SUENV _ _ _ _ _



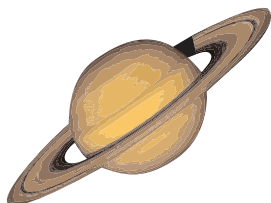
RTEHA _ _ _ _ _



RMAS _ _ _ _ _



PIRJUTE _ _ _ _ _



TAURSN _ _ _ _ _



UNASRU _ _ _ _ _



EPNUNET _ _ _ _ _



BOYS & GIRLS CLUB

Social Studies



1 : the studies (as civics, history, and geography) that deal with human relationships and the way society works.

Know the States

Use the map to answer the questions about the United States.



Which state is the smallest? _____

Which state borders only one other state? _____

How many states have the word "New" in their names? _____

Write their names:

Use the map to answer the questions about the United States.

Which four states share one common corner?

Hint: The corners meet in a shape of a **+**.

Which state is directly east of North Dakota? _____

Which state is directly west of North Dakota? _____

Which state is directly north of Tennessee? _____

Which state is directly south of Iowa? _____

Which two states are separate from the continental U.S.?

Which states border West Virginia?

Which states border Arkansas?

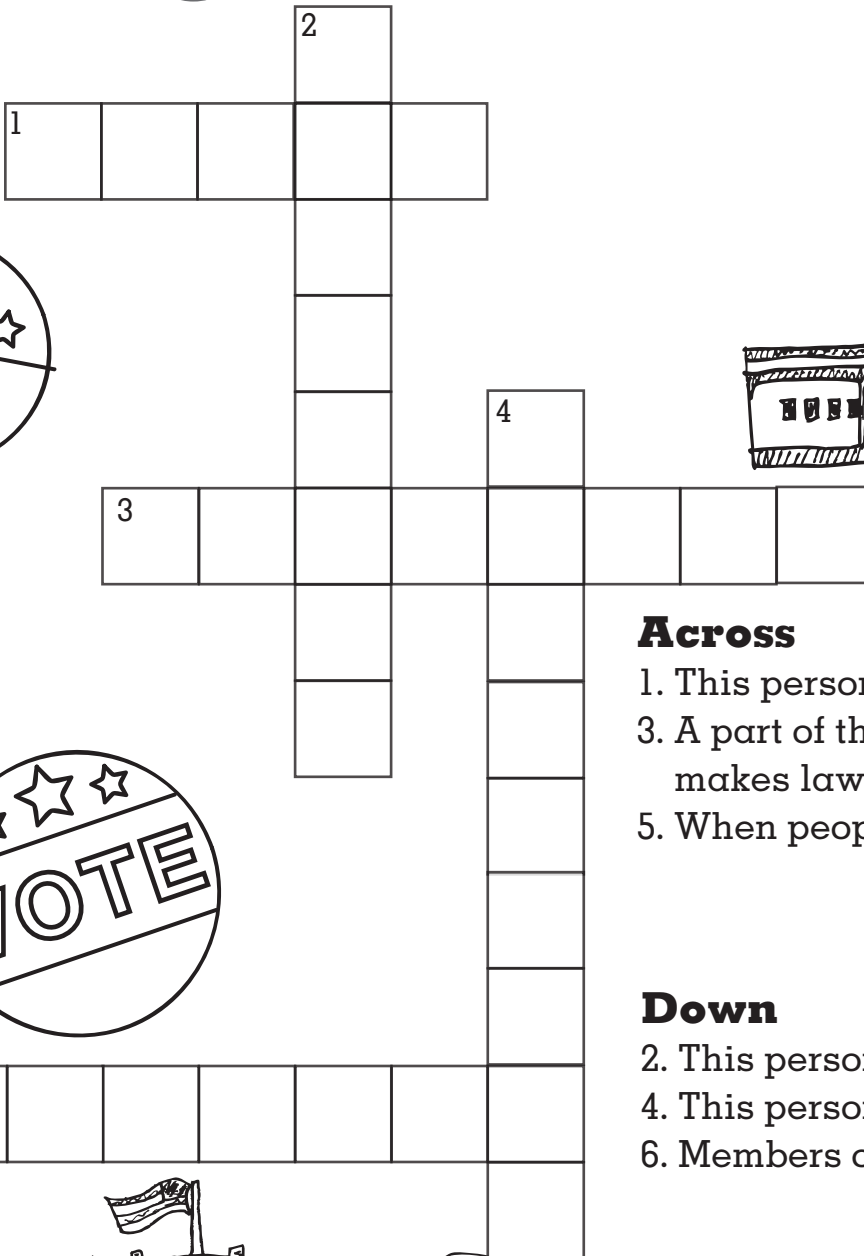
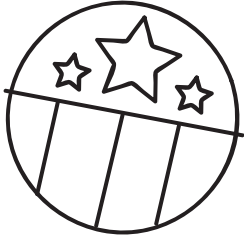
Orderly States

Put the states in alphabetical order.

1. Alabama 14. _____
2. _____ 15. _____
3. _____ 16. _____
4. _____ 17. _____
5. _____ 18. _____
6. _____ 19. _____ 27. _____ 35. _____ 43. _____
7. _____ 20. _____ 28. _____ 36. _____ 44. _____
8. _____ 21. _____ 29. _____ 37. _____ 45. _____
9. _____ 22. _____ 30. _____ 38. _____ 46. _____
10. _____ 23. _____ 31. _____ 39. _____ 47. _____
11. _____ 24. _____ 32. _____ 40. _____ 48. _____
12. _____ 25. _____ 33. _____ 41. _____ 49. _____
13. _____ 26. _____ 34. _____ 42. _____ 50. _____



United States Crossword government



Across

1. This person leads a town.
3. A part of the government that makes laws.
5. When people come together to vote.

Down

2. This person leads a state.
4. This person leads a country.
6. Members of a country.

Word Bank

governor citizens election president congress mayor

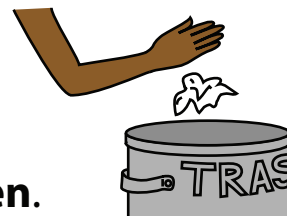
Civil Rights Word Find

How many words relating to the Civil Rights Movement can you find? Look across and down to find 8 words and names listed below.

boycott	protest	equality	MLK
march	sit ins	Parks	rights

b	p	r	o	t	e	s	t
o	a	i	g	z	q	t	a
y	r	g	f	n	u	o	w
c	k	h	b	c	a	g	i
o	s	t	h	m	l	k	j
t	u	s	i	t	i	n	s
t	q	w	x	r	t	e	f
m	a	r	c	h	y	o	k

Being a Good Citizen



There are many ways to be a good citizen.

Hello,
neighbor!



When you have a picnic at the park, you clean up after yourself.

If you see a crime being committed, you call the police.

You respect your neighbors by being polite and kind to them.

You vote in elections.

Do you do any of the things above? Which ones?

What do you think it means to be a good citizen?

What else can you do to be a good citizen?

On the back of this sheet, draw a picture below of yourself being a good citizen!

I'm a Good Citizen! #3

Circle the picture that shows good citizenship.



Now draw a picture that shows an example of good citizenship. Write a sentence that describes your picture.

The history of... *New Orleans*

Time Line

late 1600s

French explorers and traders arrive.



1763

New Orleans comes under Spanish rule as a result of the Seven Years' War.

1718

New Orleans is founded by the French.

1800

Spain gives Louisiana back to France.

1803

The U.S. acquires the Louisiana Territory from France.

1897

Free man Homer Plessy is arrested for refusing to ride in the segregated car on a train passing through New Orleans.

2005

Hurricane Katrina, the largest and most destructive storm to hit the city, hits land.

Word Search!

Find the New Orleans landmarks and features listed below. Words may be forward, backward, diagonal, or even upside down!

F	O	F	D	C	Z	O	O	O	A	O	O	F
C	R	L	W	L	N	L	Z	L	N	K	M	G
A	P	E	S	U	V	C	T	E	G	G	D	N
N	B	X	N	V	E	H	D	R	M	C	R	A
A	N	E	O	C	U	I	V	A	A	B	E	Y
L	D	R	A	G	H	N	G	A	R	G	W	A
S	L	C	A	T	R	Q	Z	A	D	A	O	L
T	F	H	J	L	P	T	U	O	I	T	T	A
R	L	R	Z	S	B	A	N	A	G	A	T	B
E	B	I	O	V	P	W	E	P	R	B	I	M
E	O	U	A	D	A	N	A	T	A	T	O	A
T	T	R	G	E	G	W	G	Q	S	N	E	J
J	A	Z	Z	M	U	S	I	C	A	O	O	R

French Quarter

Jambalaya

Jazz Music

Canal Street

Mardi Gras

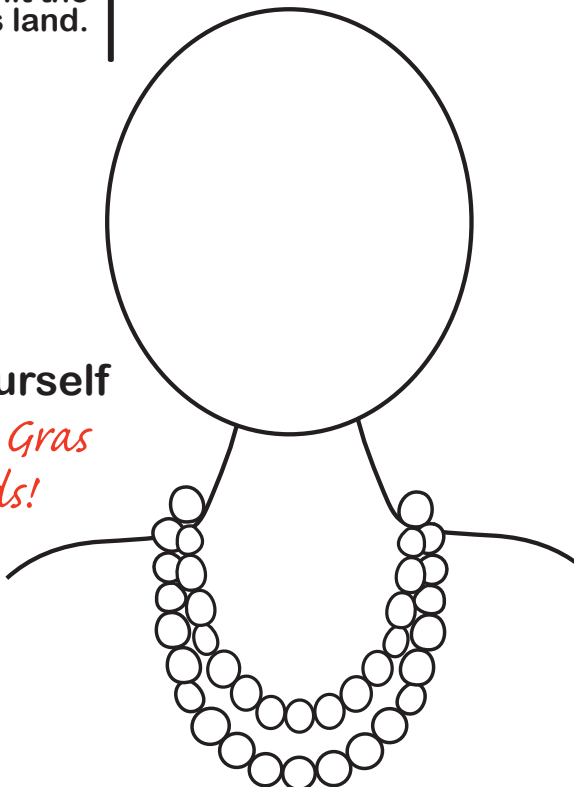
Quiz

What did the French originally name New Orleans, and what did the name mean?

Answer: La Nouvelle-Orléans, meaning "The New Orleans." It was called "new" because France already had a city by that name.

Give yourself

Mardi Gras beads!



Mardi Gras is an annual celebration that falls on "Fat Tuesday," a part of the holiday of Lent. Colorful beads of all shapes and sizes are a fun part of the Mardi Gras celebration. Draw your portrait in the space provided, then color the beads and draw some of your own--as many as you like!

Learn About Your State

Learn about your state by researching answers to the questions below.

1. What state do you live in? Can you locate it on the map below?



STATE: _____

2. What is the official bird of your state?

3. What is the official fish of your state?

4. What is the weather like in your state? Is it hot, cold, rainy, humid, dry?

5. What are some popular landmarks or monuments located in your state? Which ones have you visited?

6. Does your state have any state parks or reserves? List the ones that are close to your house.

7. What does your state's flag look like? Draw your flag below.



8. What is the capital city of your state?

9. Who is the current governor of your state?

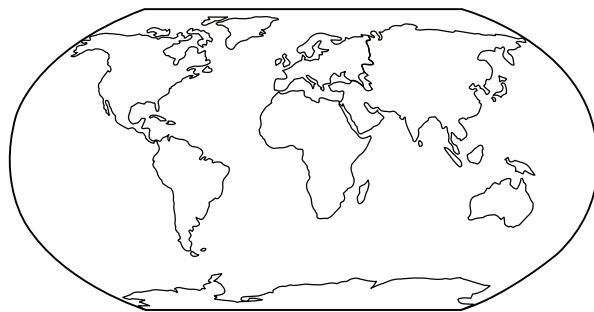
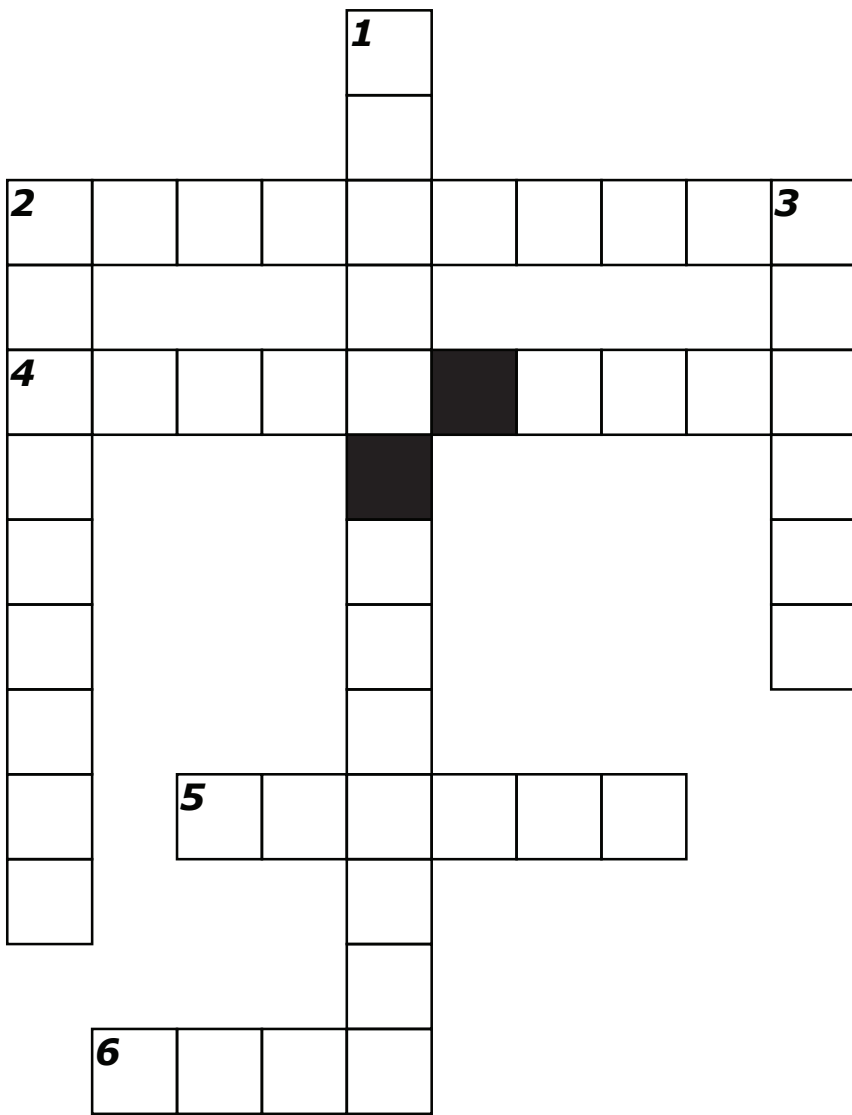
10. How many representatives does your state have in the House of Representatives in Washington, D.C.?

11. When was your state accepted into the Union?

12. What is the population of your state?

13. Are there any manufactured or agricultural items your state is known for? List them below.

The Seven Continents



Down

1



2



3



Across

2



4



5

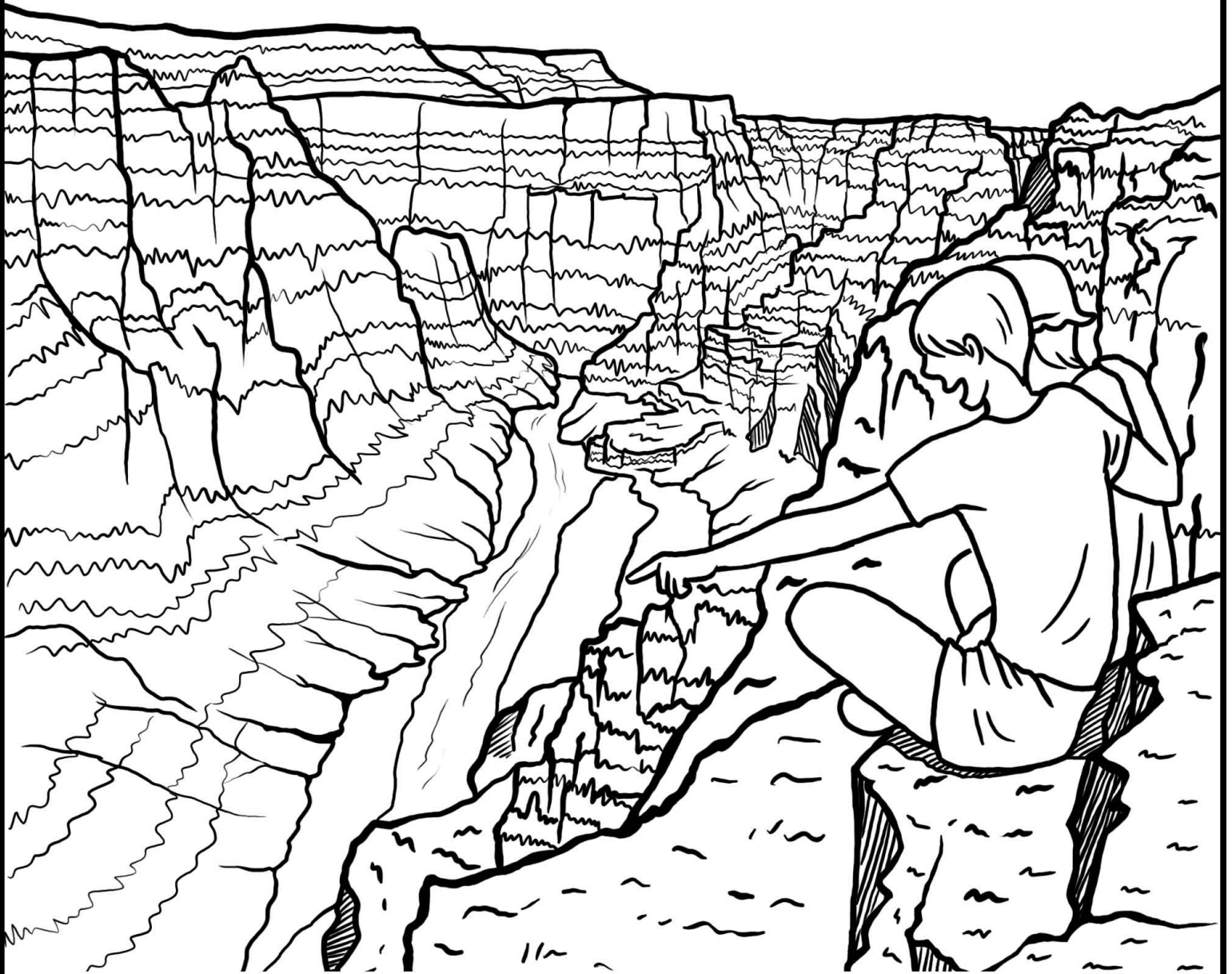


6





Arizona, USA
Capital : Phoenix



Grand Canyon

This natural wonder was formed in part by the rushing waters of the Colorado River cutting through millions of years ago. It's 277 miles long and in some spots it's as wide as 18 miles across and 6000 feet deep.



Hawaiian Islands, USA

Capitol: Honolulu



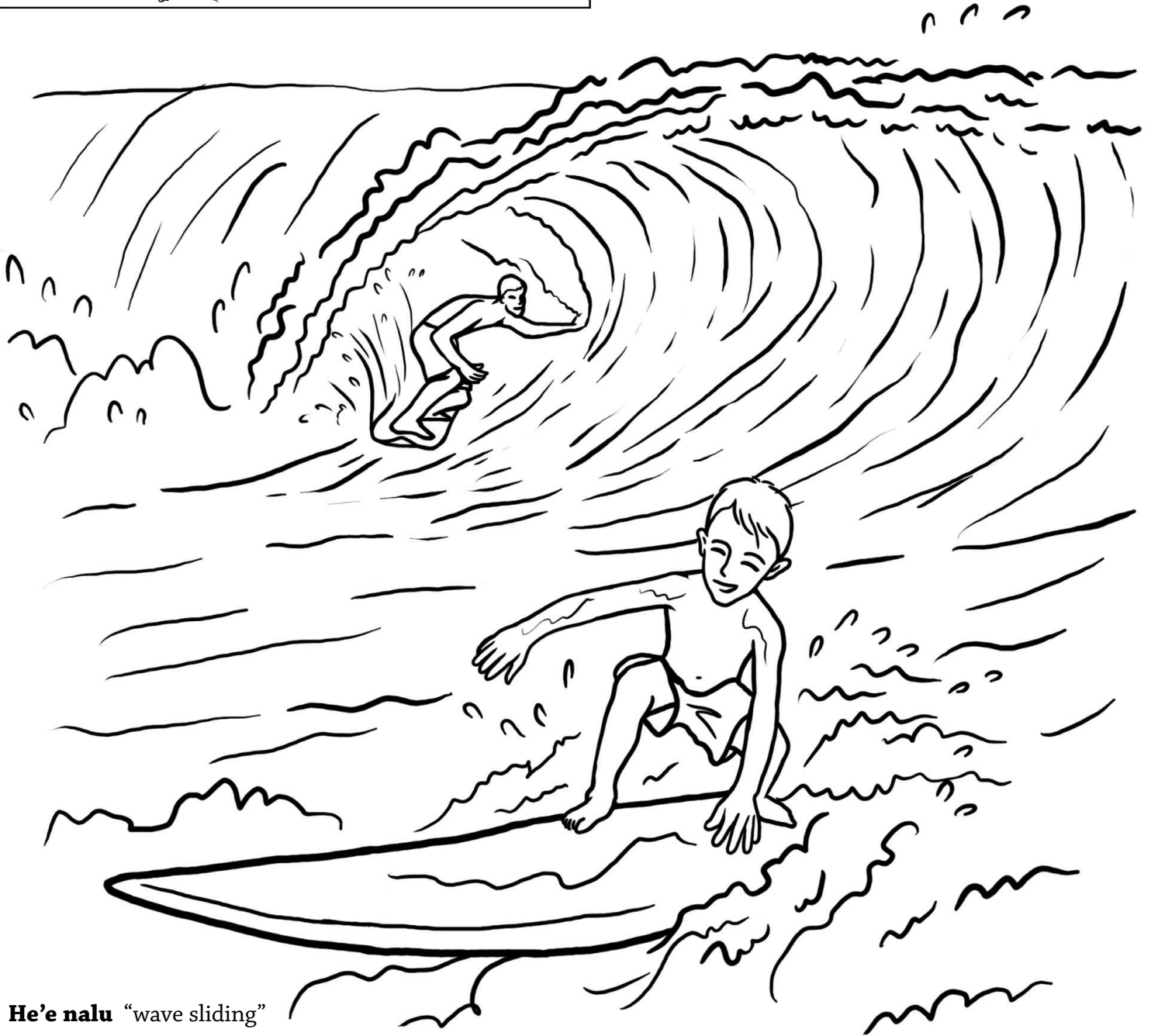
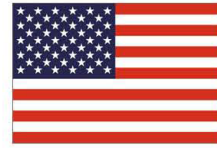
Hula

This ancient Polynesian dance has evolved from the traditional styles that accompanied chanted music to the popularized forms today that use grass skirts and instruments like the ukulele.



Hawaiian Islands, USA

Capital : Honolulu

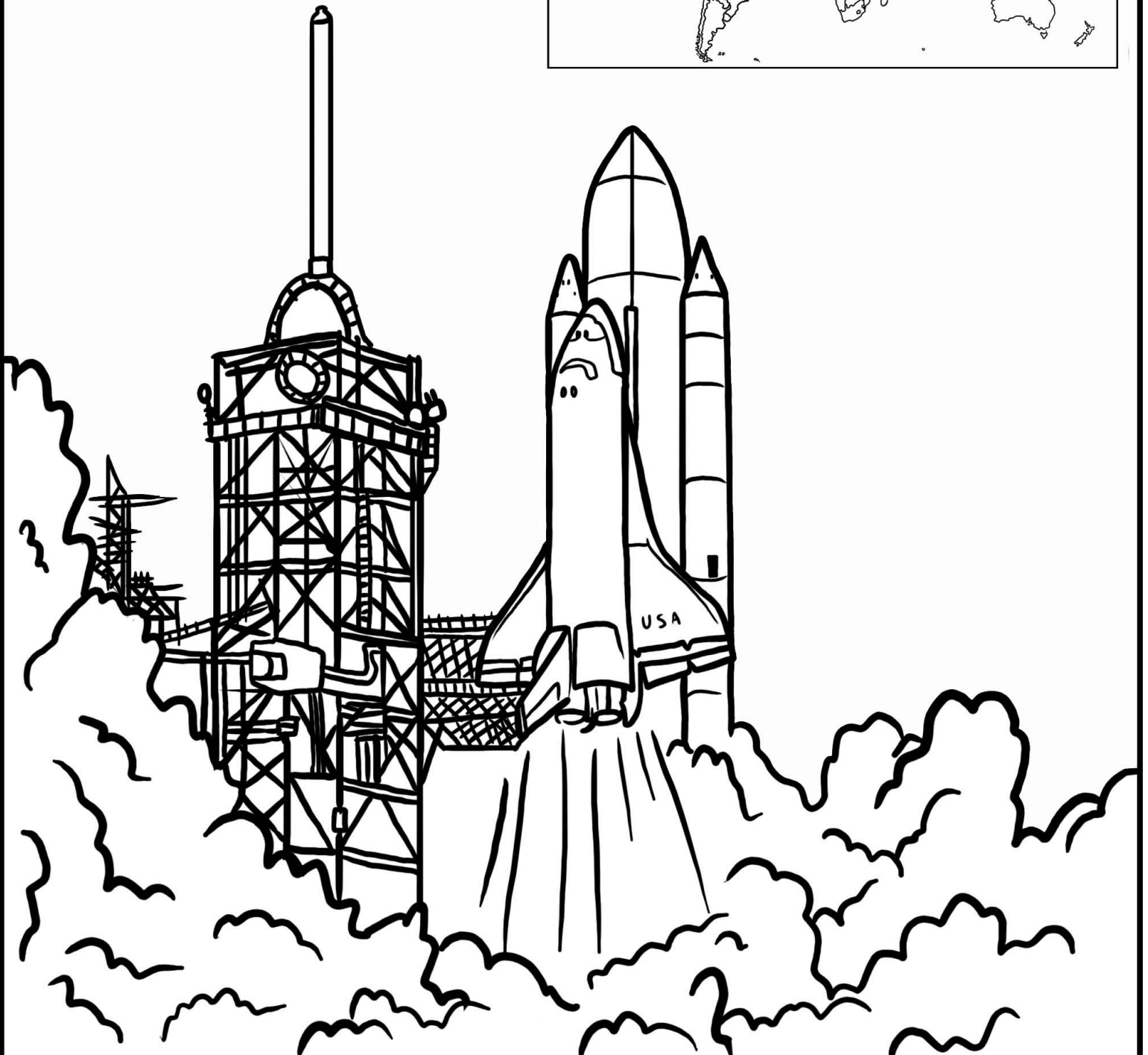


He'e nalu "wave sliding"

People from all over the world are drawn to Hawaii's shores for surfing. Surfers and sightseers flock to Oahu's North Shore every winter when waves, created by storms far away, reach heights up to 20 feet or higher.



Florida, USA
Capital : Tallahassee



John F. Kennedy Space Center The first manned NASA shuttle launched from Kennedy Space Center was in 1968. The crew of Apollo 8 were the first human beings to exit Earth's orbit; travel round the Moon and back.

New York, USA

Capital : Albany



Statue of Liberty Enlightening the World

Dedicated on October 28, 1886

The statue was a gift from the people of France to the people of the United States.





South Dakota , USA

Capital : Pierre



Mount Rushmore

Located in the Black Hills the Mount Rushmore memorial took 14 years to complete, carved between 1927 and 1941. It commemorates the first 150 years of U.S. history, with presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln.





Mexico

Capital : Mexico City

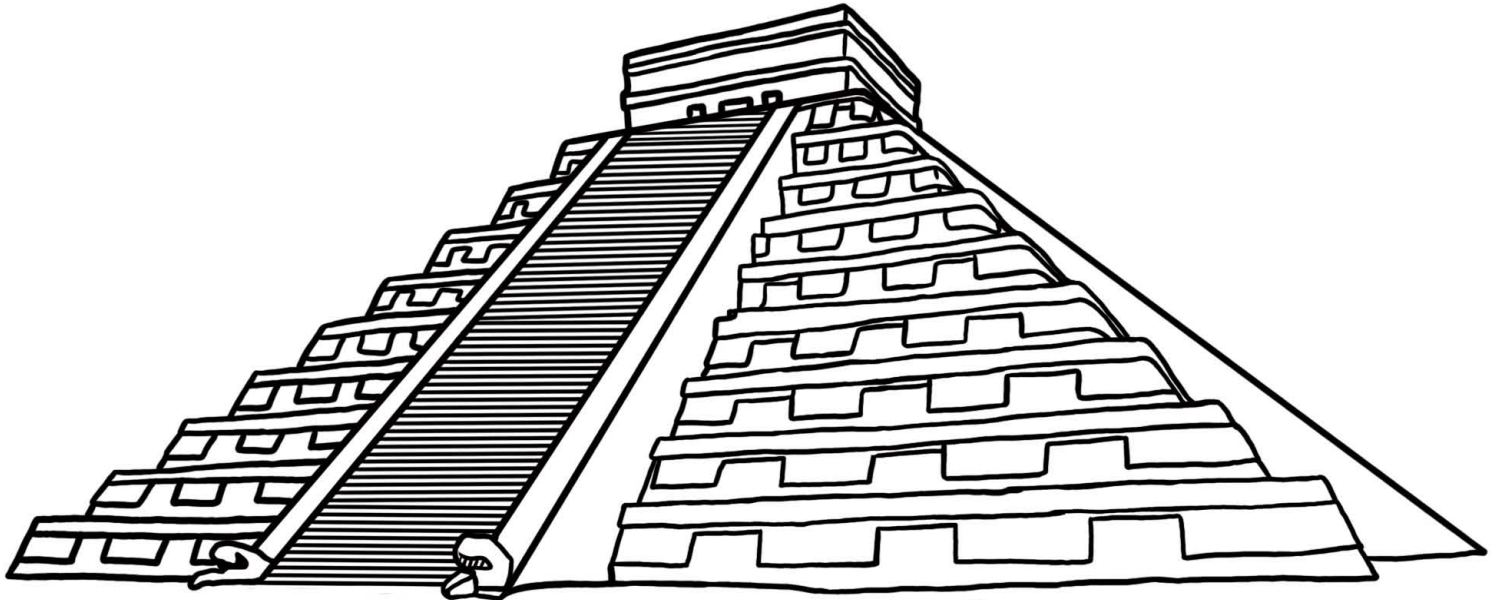


Mariachi

Mariachi is a band of musicians that play different styles of Mexican folk music, like ranchera and son, literally meaning “sound.”



Mexico
Capital : Mexico City

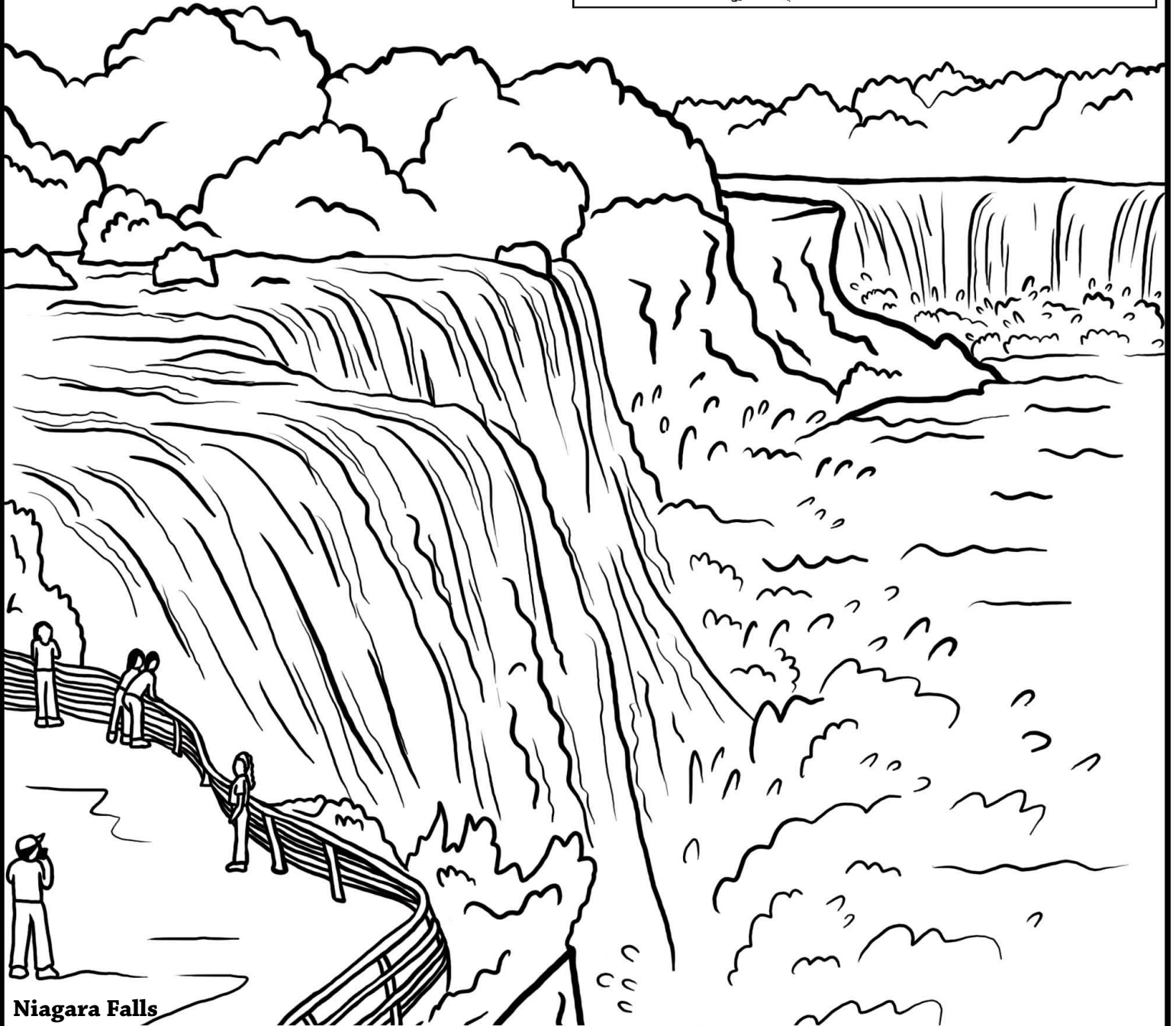
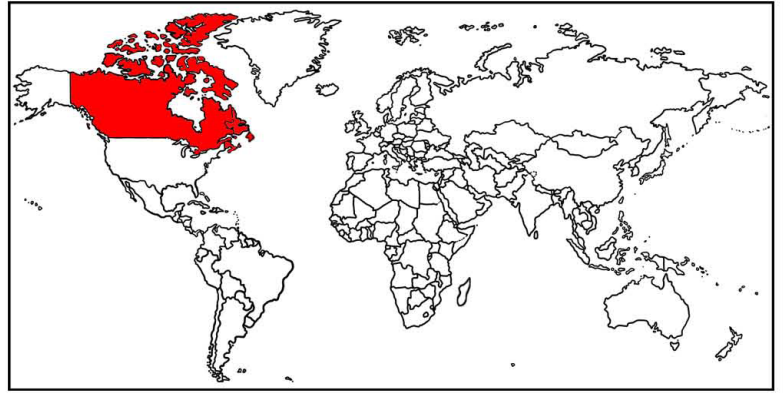


Chichen Itza

Once a thriving mecca, Chichen Itza was built by the Maya civilization and includes the step pyramid commonly called El Castillo. At two times of the year the pyramid casts a shadow along the stairs of a snake that moves with the sun.



Canada
Capital : Ottawa



Niagara Falls

Niagara Falls is made up of three waterfalls, with Horseshoe Falls on the Canadian side. The waterfalls are part of the Niagara River and straddle the border between New York state in the U.S. and Ontario, Canada.



BOYS & GIRLS CLUB

Spanish



- 1 : the national language of Latin American countries including Spain, Mexico, Puerto Rico, Cuba, Argentina & many more.
- 2 : one of the five most widely spoken romance languages in the world.

THE SPANISH ALPHABET

A

"Ah"

B

"Beh"

C

"Ce"

CH

"Che"

D

"Deh"

E

"Eh"

F

"Efe"

G

"Heh"

H

"Ah-chay"

I

"EE"

J

"Hota"

K

"Kah"

L

"El-ay"

LL

"Ey-ay"

M

"Em-ay"

N

"En-ay"

Ñ

"En-yay"

O

"Oh"

P

"Peh"

Q

"Cu"

R

"Er-ay"

RR

"ERR-ay"

S

"Es-ay"

T

"Teh"

U

"Ooh"

V

"Veh"

W

"Doble-Veh"

X

"Equis"

Y

"Igriega"

Z

"Zeta"

Let's Learn the Colors in Spanish

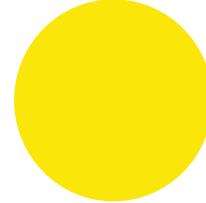
*Aprendamos los colores.
Let's learn the colors.*



rojo (RO-ho)



anaranjado
(ah-nah-ran-HA-do)



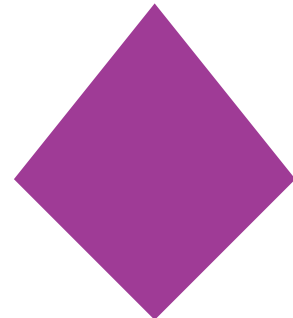
amarillo
(ah-mah-RI-yo)



verde (VER-de)



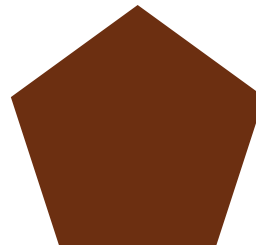
azul
(AH-sool)



purpura
(PUR-pu-ra)
or
morado
(mo-RAH-do)



violeta **or** **lila**
(vio-LEH-tah) (LI-la)



cafe **or** **marron**
(kah-FE) (mah-RON)

Numbers in Spanish

A quick guide to the numbers (and how to pronounce them).

1

uno
OOH-no

2

dos
DOH-S

3

tres
TRE-s

4

cuatro
CU-AH-tro

5

cinco
SEEN-ko

6

seis
SAY-s

7

siete
SEE-EH-teh

8

ocho
OH-cho

9

nueve
NOO-eh-veh

10

diez
dee-ES

11

once
OHN-se

12

doce
DOH-se

13

trece
TRE-se

14

catorce
ka-TOR-se

15

quince
KEEN-se

16

dieciseis
dee-es-EEE-say-s

17

diecisiete
dee-es-EEE-SEE-EH-teh

18

dieciocho
dee-es-EEE-OH-cho

19

diecinueve
dee-es-EEE-NOO-eh-veh

20

veinte
BAIN-teh

30

treinta
TRE-EEN-tah

40

cuarenta
cu-ah-REN-tah

50

cincuenta
seen-CU-EN-tah

60

sesenta
se-SEN-tah

70

setenta
se-TEN-tah

80

ochenta
oh-CHEN-tah

90

noventa
no-VEN-tah

100

cien
SEE-en

Counting in Spanish

Go around your house and count how many items you see. Write the answers in the blank.
For example if you see three lamps in your house, then you write **tres**.

beds

pillows

rugs

chairs

televisions

computers

telephones

doors

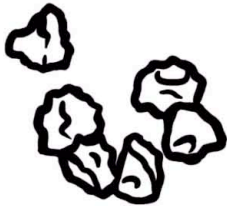
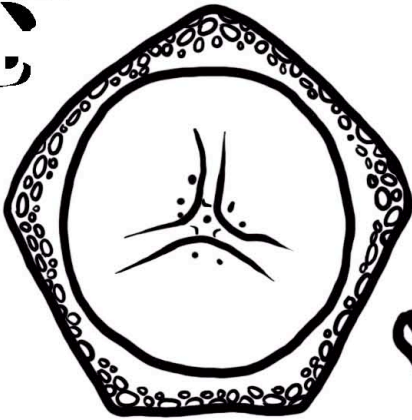
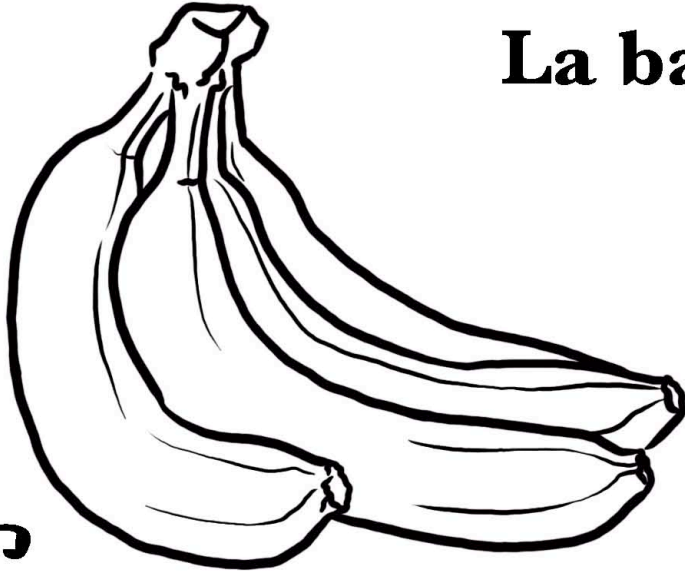
windows

tables



BANANA

La banana



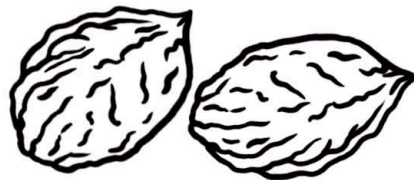
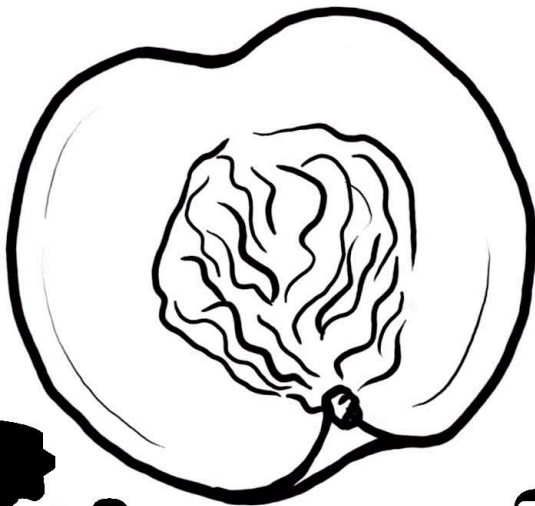
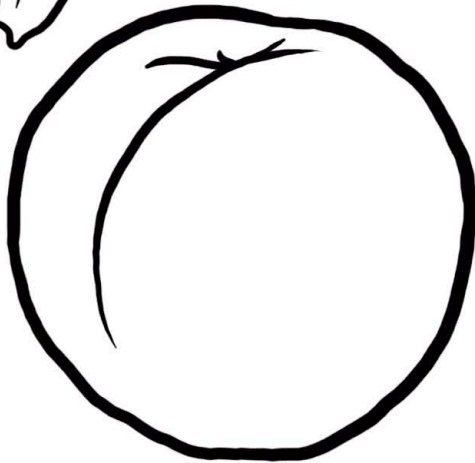
LEMON

El limón



PEACH

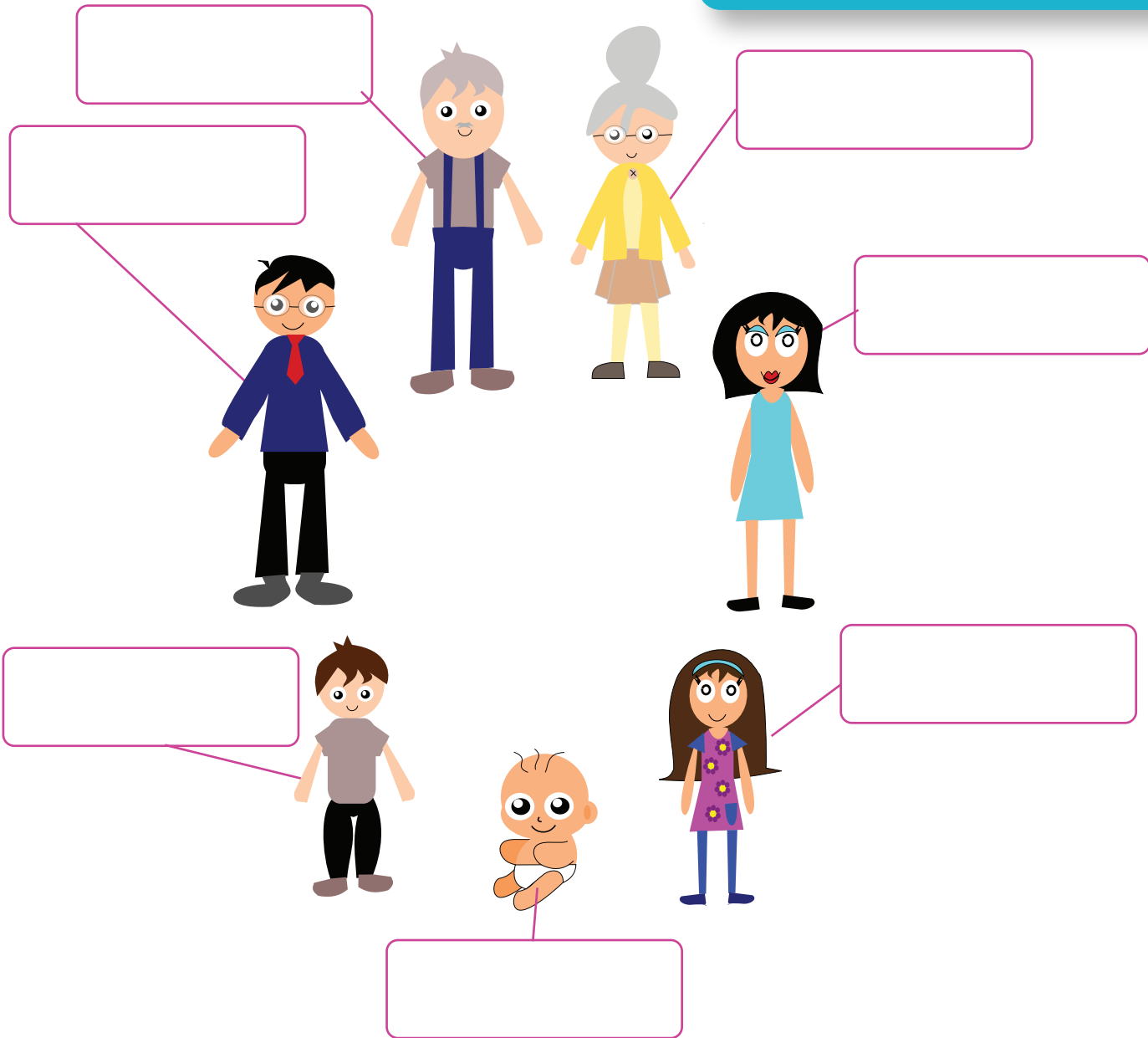
El melocotón



Fill in the names of these
items in Spanish.

Familia(family)

(fah-MEE-lee-ah)



Word Bank

baby
bebe
(beh-BEH)

mom
mama
(mah-MAH)

sister
hermana
(air-MAH-nah)

brother
hermano
(air-MAH-no)

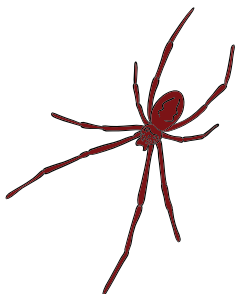
grandma
abuela
(ah-BWEH-la)

papa
papa
(pah-PAH)

grandpa
abuelo
(ah-BWEH-lo)

Animal Match

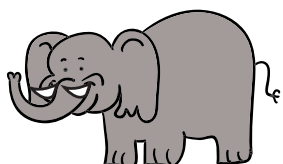
Draw a line to match each animal to its name in Spanish.



culebra (cu-LEH-brah)

lagarto (la-GAR-toh)

mariposa (mar-eee-POH-sah)



hipopotamo (eee-poh-POH-TAH-moe)

abeja (ah-BEH-hah)

caracol (ka-rah-COL)

conejo (ko-NEH-ho)

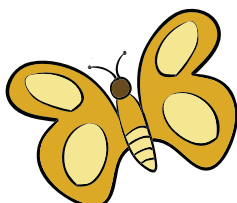
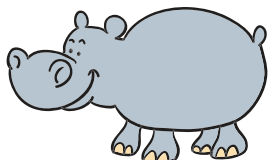
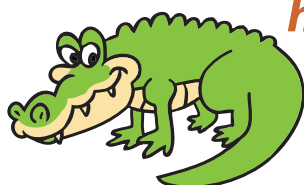
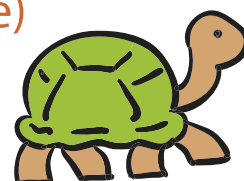
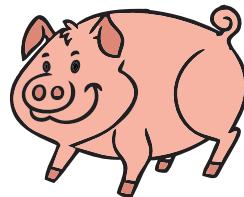
cerdo (SER-doh)

tortuga (tor-TOO-gah)

oso (OH-soh)

elefante (eh-leh-FAN-teh)

araña (ah-RAH-neah)

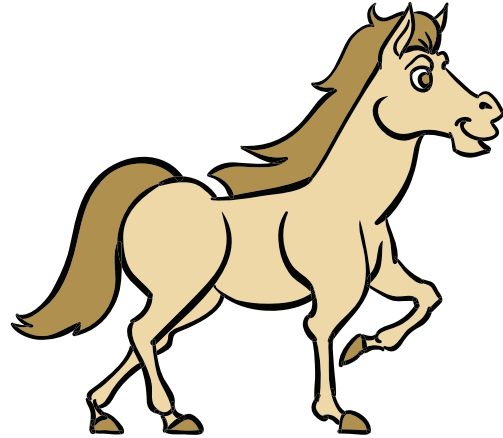


1

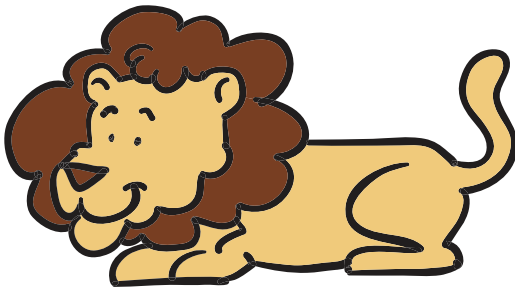
Animales(animals)



ardilla (ar-DEE-yah)



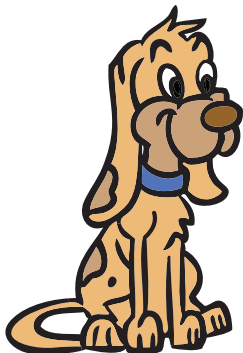
caballo (ka-BAH-yo)



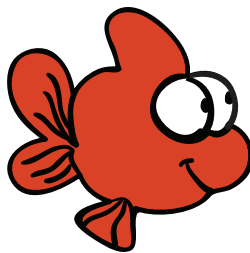
leon (leh-OHN)



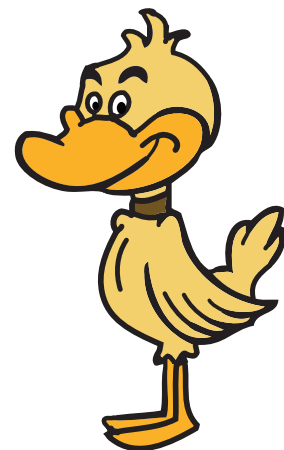
sapo (SAH-po)



perro (PEH-rro)



pez (PEZ)



pato (PAH-to)

Animal Word Search

Can you find the Spanish names for these animals?



W M D V Z K N M
V C P W S A P O
P A R D I L L A
E B B J U O N V
R A P V B O O L
R L V A E G W K
O L T L T K G Y
Q O P E Z O A U



BOYS & GIRLS CLUB

Reading & Writing



- 1 : to understand language through written symbols for speech sounds.
- 2 : to speak aloud written or printed words.
- 3 : to learn from something that is written.

Name _____

Date _____

All about Acrostics

In an acrostic poem, the first letter in each line spells out a word. It's an easy, fun way to write poetry. In this acrostic, write about something you know a lot about... school!



S is for _____

C is for _____

H is for _____

O is for _____

O is for _____

L is for _____

It's raining, it's pouring...

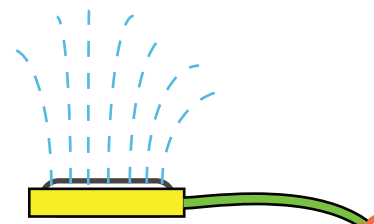
What do you like to
do on a rainy day?



Summer fun!

Number the sentences below in the correct order to create a short story.

- _____ "I'll help you with the rest!" says Chris to Julian. "Thanks!" exclaims Julian.
- _____ Chris and Julian run quickly to their messy room to change into swimming trunks.
- _____ Finally, after applying sunblock, Chris and Julian have a fun summer day running back and forth through the sprinklers!
- _____ Chris is ready to go play when he is done, but he does not want to play without his little brother.
- _____ They almost make it out the back door when their mom stops them. "Where do you think you are going? You can't play in the sprinklers until you both clean your room!"
- _____ When Chris and Julian are all done, their mom inspects the room. Then she says, "Good job, boys! You can go play in the sprinklers now, but first you have to wear sunblock."
- _____ Both Chris and Julian groan as they walk back to their room. There are clothes and toys all over their beds and on the floor!
- _____ Chris throws his dirty clothes in the hamper, then folds his clean clothes and neatly stacks them in the drawers. Julian picks up all of his toys and puts them into his toy box.
- _____ It is a hot summer day, and Chris yells to his little brother Julian, "Let's go play in the sprinklers!"
- _____ Julian is taking a longer time cleaning up because his mess is bigger. He still has to fold his clean clothes!



Earth Day Acrostic Poem



S

A

V

E

E

A

R

T

H



Rhyme Scheme:

Write Your Own Limerick

To get started let's use Edward Lear's limerick format as an example.
Fill in the blanks below. Try to make it rhyme!

There was a (an) _____ from/in _____
adjective noun (person or animal) noun (place)

Whose _____ was/were _____
noun (feature like a nose or foot) -ly adverb adjective

He/She/It _____
Add a sentence here about something that happened

And _____
Add more about what happened next

That _____ from/in _____
same adjective as first line same noun as first line same place as first line

Great Work! Now draw a picture for your limerick.

Writing Cinquains

A cinquain is a five line poem that was invented in the 1900s by American poet Adelaide Crapsey. Traditional cinquains use a five line format that is based on a syllable count. The modern cinquain also uses a five line format, but instead of counting syllables the modern cinquain uses a word count format, each line must contain a certain number of words. See the correct layout below:

line 1 - one word (noun) a title or subject

line 2 - two words (adjectives) describing the title

line 3 - three words (verbs) describing an action related to the title

line 4 - four word phrase that relates to the title of the poem

line 5 - one word (noun) that can be a synonym for the title, or relate to the title

EXAMPLE:

Spring
Green, bright
Budding, rising, growing
Shaking off winter's chill
Bloom



Now it's your turn!

Write your own cinquain using the space provided below:

.....
(one noun)

.....
(two adjectives)

.....
(three verbs)

.....
(four word phrase)

.....
(one noun)



Draw a picture of your home!

A large rectangular area defined by a dotted blue line, intended for drawing a picture of a home.

What are a few words that describe your home?

Write a sentence about your favorite part of your house:

When I Grow Up



Supporting Details

The Main Idea: The most important idea in a paragraph.

Supporting Details: Details that tell you more about the main idea.

Supporting details make your main idea stronger!

SUPPORTING DETAILS

What will you wear for this occupation? What equipment will you need?

SUPPORTING DETAILS

Why do you want to be in this profession?

MAIN IDEA

What do you want to be when you grow up?

SUPPORTING DETAILS

What will you be doing every day?

SUPPORTING DETAILS

How will you train for this profession?
College, trade school, self-taught?

Stretch a Sentence

Who?

Me

Is with who?

I am with

Doing what?

Why?

Where?

If I could fly, I would...

It would be so fun to...

I would also be able to...

My friends would...



Name _____

Date _____

MAKE YOUR OWN FLAG

There are many different flags that stand for many different things. Flags use symbols and colors that are an important part to a country, state, or family's culture. Flags honor events and people that shaped them.

Create your own flag.

Use symbols and colors that best represent you.



1. What symbols did you choose? Why?

2. Why did you choose those colors?

3. What does your flag represent?



BOYS & GIRLS CLUB

Our Mission

To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

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Stay safe & healthy ya'll!