THURSDAY, MARCH 19TH

CHALLENGE OF THE DAY

THURSDAY, APRIL 9TH

AFTER YOU FINISH ANY SCHOOL WORK, JOIN US "AFTER SCHOOL" FOR YOUR CLUB ROTATIONS!

Do you have a good clean joke to make everyone laugh?
Share a it with us! Upload it to the Boys & Girls Clubs of Springfield AT HOME Facebook page or send it to athome@bgclubsspringfield.org
*all posts are reviewed and must meet safety requirements.

Fun Fact of the Day!

Did you know that laughing can reduce pain and prevent infections? It’s also been scientifically proven that laughter is contagious!

Word of the Day!

Humorous
The ability to cause others to laugh

SAFETY TOPIC OF THE DAY:

Choking
If someone can't make much sound, is having trouble breathing or is turning blue, they might be choking and need help.

quote of the day

"There is nothing in the world so irresistibly contagious as laughter and good humor."
- Charles Dickens

CHALLENGE OF THE DAY

Club Family Food Drive-Thru Reminders!

Dates: Effective April 6th

SERTOMA families visit MUSGRAVE
FREMONT families visit STALNAKER

Locations/Hours:
- Henderson Unit 4:30-6:30 (835 W. Calhoun, 869-4111)
- Musgrave Unit 7-8:30, 4:30-6 (720 S. Park, 869-8211)
- Stalnaker Unit 7-8:30, 4:30-6 (1410 N. Fremont, 865-2821)

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YARN PAINTING!
GRAB SOME STRING, PAPER AND PAINT AND LEARN HOW TO MAKE SOME PRETTY NEAT LOOKING ART! TAKE A PICTURE OF YOUR WORK AND SHARE IT WITH US WHEN YOU ARE DONE AND THEN HANG IT IN YOUR HOUSE FOR OTHERS TO ENJOY!

HOMEMADE POPSICLES!
JOIN MR DAN IN HIS VIDEO LATER TODAY TO LEARN HOW TO MAKE YOUR OWN POPSICLES! WHEN YOU ARE FINISHED, COMPLETE THE ACTIVITY ABOUT STAYING HEALTHY AND REFUSING TO ABUSE.

YOGA!
JOIN MS ANNA IN A VIDEO LATER TODAY TO PRACTICE YOUR YOGA SKILLS. YOGA CAN HELP US TO GET STRONGER, MORE FLEXIBLE AND CAN ALSO HELP TO REDUCE STRESS OR ANXIETY. GET READY TO FEEL CALM AND MORE RELAXED!

WRITE TO THE CLUB!
WE MISS YOU! WRITE A LETTER TO YOUR CLUB TO LET THEM KNOW WHAT YOU'RE UP TO AND WHAT YOU MISS ABOUT THE CLUB! SHARE IT WITH US THROUGH EMAIL ATHOME@BGCLUBSPRINGFIELD.ORG OR ON OUR FACEBOOK GROUP.

LAUNDRY BASKET SKEE BALL!
LOOK AT THE INSTRUCTIONS INCLUDED IN THE FILES SECTION TO FIND OUT HOW TO SET UP THIS FUN GAME. GRAB A LAUNDRY BASKET AND SOME BALLS AND GET READY TO PLAY!