

AT- HOME CLUB SESSIONS

AGE 6-9

UPDATED: APRIL 10 , 2020

INTRODUCTION

All throughout the country youth development professionals are doing what you do best. That is, coming up with creative ways to engage, motivate, and keep kids learning and growing. Today you are working through the additional challenge of creating those connections and providing youth with positive experiences virtually, rather than through face-to-face programming. Below you will find 10 activities designed for ages 6+ that kids can do in their homes and that you can deliver virtually.

Youth ages 6 to 9 are different developmentally than youth ages 10 and over. For example, they aren't able to sit through long sessions and they learn and engage best through hands-on activities.

Schools are offering virtual and take-home lessons and most families are doing their best to give their time and attention to supporting their children while also addressing all of their other day-to-day tasks. Families need support in keeping their kids engaged and entertained while creating some time and space for them to meet their other demands.

In order to address the needs and interests of this age group, AND help families to keep their kids engaged in positive ways, here are 10 hands-on challenges that you can deliver through your Club's virtual programming.

New activities will be provided every two weeks.

THESE ACTIVITIES ARE DESIGNED TO:

- Be self-directed which means that kids can do many of the steps by themselves. This frees up parents can focus on the many other things they have going on.
- Be completed independently- Require minimal preparation so that kids can get started almost immediately.
- Use limited supplies that can be found around the house.
- Have an open timeframe. Kids can do the activities at any time of day. And no timeframe means that if kids are enjoying the activity, they can keep going.
- Be open-ended to encourage creativity, exploration and discovery. There is no 'right' answer or perfect product, Rather, kids can take the activities and projects in any direction they like.
- Be used with multiple age groups. These challenges can be easily adapted for ages 10+.



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TIPS FOR VIRTUAL CLUB ENGAGEMENT WITH AGES 6-9:

- Create a short video that introduces each challenge. This way parents and kids or just kids can watch the video and do the activity at any time of the day.
- Speak to kids directly in your video or virtual delivery. You can use the language that is in the activity guide. This will give families flexibility. Either parents/caregivers can help get the activity started OR kids can watch the video and get started on the activity themselves.
- Set up a platform and page where youth can share photos or videos of their projects and products with their Club peers and staff. This will help create connection and continuity. Ask youth to upload their work and check out their peer's work. You could host discussions where youth share what they created and come up with follow up challenges. Be sure to give clear instructions on what to share and where to share it.
- If you are sending home packets, these activities can be printed and distributed. Consider the delivery cadence that works best for you, your kids, and their schoolwork. You can offer 3 activities a week, an activity every day, etc.
- Use the extensions provided to turn your activities into ongoing projects.



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AT-HOME CLUB SESSIONS SCHEDULE AGES 6-9

ACTIVITY OF THE DAY WEEK 1

ACTIVITY OF THE DAY WEEK 2

MONDAY Sports & Recreation

Juggling Challenge

In today's challenge you will test your coordination skills by learning how to juggle 2 balls.

Bookout

In today's challenge, you will search through books, magazines, labels and other written items in your home to find specific words and numbers, then do an exercise.

TUESDAY Health & Wellness

Feel Good Scavenger Hunt

In today's challenge, you will do a scavenger hunt to explore the activities, people and thoughts that help you feel like your best self.

Healthy Alphabet Challenge

In today's challenge, you will find 26 healthy things - one for each letter of the alphabet.

WEDNESDAY Leadership & Service

Listen and Learn Challenge

In today's challenge you will be entertained by a great podcast that explores topics, stories and questions about leadership that will really get you thinking.

Make a Time Capsule

In today's challenge you will make a time capsule that is filled with things from the present and then is hidden away and opened in the future.

THURSDAY Arts

Tin Foil People

In today's art challenge you will practice making tin foil sculptures that are shaped like people.

Alphabet Photography Challenge

In today's challenge you will take photos of everyday objects that make the shape of letters.

FRIDAY Education

Famous Bridge Challenge

In today's challenge, you will use items that you can find around your home to build your own version of these two famous bridges.

Virtual Story Time

In this challenge, all you have to do is curl up, relax and tune in while Josh Gad, the actor who plays Olaf, reads you a story.

JUGGLING CHALLENGE

AGES 6-9

Juggling takes a lot of hand-eye coordination.

In today's challenge you will test your coordination skills by learning how to juggle 2 balls. Juggling can be hard but if you stick with it and practice it, you will be able to do it.

SUPPLIES

- **2 scarves**
 - You can substitute scarves for 2 dishtowels, 2 socks or 2 kid's t-shirts.
- **2 balls**
 - You can substitute balls for 2 apples, 2 bean bags, or 2 balled-up socks.

THE CHALLENGE

- First, get your materials out.
- Then, watch this video to learn the steps:
<https://www.youtube.com/watch?v=QxzSHRbLAX4>
- Start by juggling 2 scarves.
- Then, try juggling 2 balls.

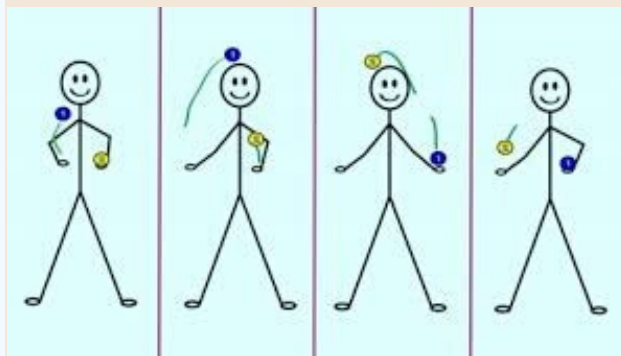


PHOTO CREDIT: [HTTPS://HUBPAGES.COM/GAMES-HOBBIES/HOW-TO-JUGGLE-TIPS-FOR-BEGINNERS](https://hubbpages.com/games-hobbies/how-to-juggle-tips-for-beginners)

EXTENSIONS

- Try to make 10 catches with the scarves. Then, try to make 20 catches with the scarves.
- See if you can juggle bigger objects like 2 pillows. Can you make 10 catches with the pillow? Can you make 20 catches?
- See if you can juggle 2 objects that are different sizes like 1 pillow and 1 ball. How many catches can you make?
- Have a contest with someone else in your home. Who can make more catches?



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FEEL GOOD SCAVENGER HUNT

AGES 6-9

Every kid has strengths and positive qualities.

Spending time exploring those strengths can help you to feel good about yourself and hopeful about your future. In today's challenge, you will do a scavenger hunt to explore the activities, people and thoughts that help you feel like your best self.

SUPPLIES

- Paper and writing utensil

THE CHALLENGE

Today you are going on a scavenger hunt. You will explore positive things about yourself and practice some healthy behaviors. Check off each item as you finish it.

- **Take 8 deep breaths.** Breathe in through your nose. Hold the breath for a second. Then breathe out through your mouth.
- **Stretch for 7 seconds.** Find a place in your home where you can quietly stretch out. Lift your hands far about your head, reach for the sky, and count to 7.
- **List 6 things that you like about yourself.** What are some of the things that make you special? What do you try hard at? What are some things that you are good at?
- **List 5 things that make you laugh.** What always gets you giggling? Walk around your home to look for some ideas. Make a list.
- **Name 4 people in your life that show you support and kindness.** Who do you feel like you can always count on? Make a list.

- **Find 3 activities in your home that help you feel calm and do 1 of them.** Do you like drawing, playing with Legos, reading, doing puzzles, talking to a friend on the phone? Make a list and then do 1 of the activities.
- **Drink 2 glasses of water throughout the day.**
- **Say 1 positive thing to yourself.** Give yourself a big compliment. Say it out loud or write it down.



PHOTO CREDIT:
[HTTPS://WWW.MOMJUNCTION.COM/ARTICLES/STRETCHING-EXERCISES-FOR-KIDS_00385971/](https://www.momjunction.com/articles/stretching-exercises-for-kids_00385971/)

EXTENSIONS

1. Take the lists that you made and staple them together to make a book. You can call your book 'Things that Make Me Feel Good' or come up with your own title. Decorate the cover.
2. Share one or more of your lists with someone that you trust. Ask them to share what they would put on their list.



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LISTEN & LEARN CHALLENGE

AGES 6-9

Podcasts are a great way to learn about new topics and enjoy stories.

In today's challenge you will be entertained by a great podcast that explores topics, stories and questions about leadership that will really get you thinking.

SUPPLIES

- **Computer, tablet or phone**

THE CHALLENGE

If you are 6 or 7 years old:

Listen to an episode of 'Eleanor Amplified'. Eleanor is a world-famous radio reporter that solves mysteries outwits crafty villains, and goes after big stories. If you love it, keep listening. Follow this link to series:

<https://whyy.org/programs/eleanor-amplified/>

If you are 8 or 9 years old:

Listen to an episode of 'Short and Curly'. This fast-paced fun-filled ethics podcast is filled with questions and ideas to really get you thinking. It asks questions about animals, technology, school, pop culture and the future. If you love it, keep listening. Follow this link to the series:

<https://www.abc.net.au/radio/programs/shortandcurly/episodes/>



EXTENSION

Start a listening club with a friend or a group of friends. Each person can listen to the episode separately and then you can meet on the phone or on your computers to talk about what happened and what you thought about the episode.



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TIN FOIL PEOPLE

AGES 6-9

3-D Sculptures

Sculptures are 3-D pieces of art that can be made from just about anything. In today's art challenge you will practice making tin foil sculptures that are shaped like people.

SUPPLIES

- Tin foil

THE CHALLENGE

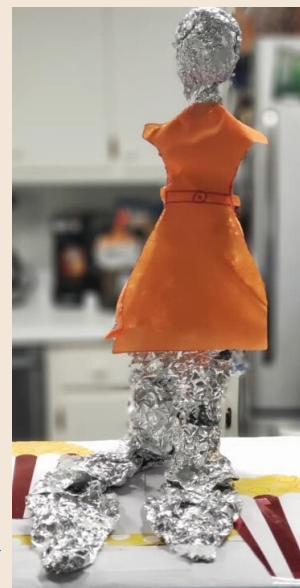
Your challenge today is to use pieces of tin foil to make sculptures that are shaped like people. You can bunch and crunch pieces of foil to make a body and then a head. You can roll smaller pieces of foil like a burrito and then bunch them up to make legs and arms.

Here is a video of how to make tin foil sculptures:

<https://www.youtube.com/watch?v=kYDayHvcjY4>



PHOTO CREDIT:
TANISHA GRIMES-OAKLEY



EXTENSIONS

1. Make your sculpture do different gestures like sitting, running, doing a cartwheel, etc.
2. Build tin foil sculptures of your favorite movie characters or your family members.
3. Make clothing and hair for your sculptures using paper, ribbon, or scrap fabric.
4. Make a stand for your sculpture out of a cardboard box and glue or tape your sculpture to it.
5. Make your favorite movie characters or family members.



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FAMOUS BRIDGE CHALLENGE

AGES 6-9

Beautiful Bridges

There are bridges all over the world that are an amazing mix of beautiful architecture and incredible engineering. In today's challenge, you will use items that you can find around your home to build your own version of these two famous bridges.

SUPPLIES

You can use any small items that you can find in your house. You'll need pieces for the bridge and something to stick the pieces together. You don't need to have a lot of supplies. In fact, you can use just 2-3 materials. Here are some ideas for your supplies:

- Popsicle sticks,
- Toothpicks
- Straws,
- Spaghetti
- Silverware or plastic silverware
- Cups
- Newspaper
- Tubes – paper towel or toilet paper
- Cardboard
- String
- Tape
- Marshmallows
- Legos or other blocks

THE CHALLENGE

- Use the supplies that you have to build the 2 famous bridges shown on the right.
- For each bridge, try to copy the design of the bridge as best you can.
- For an extra challenge, see if you can build each bridge long enough and strong enough to hold one of your shoes.

Bridge #1: The London Tower Bridge

The Tower Bridge in London was built in the 1800's and has two big towers connected by walkways.

Bridge #2: The Brooklyn Bridge

The Brooklyn Bridge, in New York City, is a suspension bridge that was built in the 1800's.



PHOTO CREDIT:
[HTTP://INTEGRATEDARTS1SUMMER15.WIKIFOUNDRY.COM/PAGE/STEELE+JACKSON+MARSHMALLOW+BRIDGE](http://integratedarts1summer15.wikifoundry.com/page/STEELE+JACKSON+MARSHMALLOW+BRIDGE)



PHOTO CREDIT:
[HTTP://WWW.HISTORYOFBRIDGES.COM/FAMOUS-BRIDGES/LIST-OF-FAMOUS-BRIDGES/](http://www.historyofbridges.com/famous-bridges/list-of-famous-bridges/)

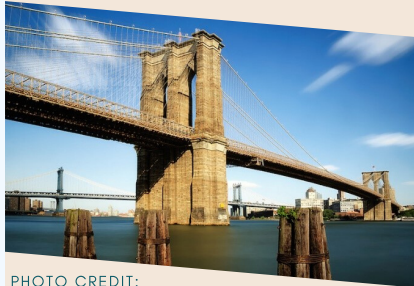


PHOTO CREDIT:
[HTTPS://WWW.TOUROPIA.COM/MOST-FAMOUS-BRIDGES-IN-THE-WORLD/](https://www.touro피아.com/most-famous-bridges-in-the-world/)

EXTENSIONS

1. Build a bridge from your community or a place you have visited.
2. See if your bridges can hold even more weight than your shoe.
3. Learn more about the design of the bridges by looking them up online.



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BOOKOUT

AGES 6-9

This challenge is called a 'Bookout' because it combines books and a workout.

In today's activity, you will search through books, magazines, labels and other written items in your home to find specific words and numbers. Once you find the word or number, you will do the exercise challenge that goes with the word or number you found.

SUPPLIES

- **None**

THE CHALLENGE

- Your challenge is to FIND the words and numbers on the worksheet (pg.2) in books, magazines, labels or anything else in your home that has writing on it.
- Once you find the word or number, you will DO the workout activity that goes with it.
- Then, you can CHECK the box off and find the next word or letter.

EXTENSIONS

1. Make a list of your 5 favorite words and then challenge yourself to find them.
2. Come up with your own bookout and send to a friend. Ask them to make one for you.



Photo Credits:

1. <https://www.womansday.com/health-fitness/g28326081/exercises-for-kids/>
2. <https://www.punchbugkids.com/tempe-az/Summer-is-a-Child-s-Opportunity-to-Learn/d/858/>



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BOOKOUT- WORKSHEET

AGES 6-9

FIND the word and numbers below.
DO the workout activity the goes with it.
CHECK the box when you are done.

☐

FIND something that has your name on it.
DO one jumping jack for every letter in your name.

☐

FIND the number of how old you are.
DO that same number of arm circles.

☐

FIND the word for any kind of animal.
DO 5 laps around your home or room to pretend you are running from that animal.

☐

FIND the word WARM or HOT.
DO 10 big steps like you are stepping across hot lava on rocks.

☐

FIND your favorite number.
DO 10 big knee raises like you are climbing tall steps.

☐

FIND the name of a fruit.
DO 10 big arm circles.

☐

FIND the word WATER.
DO 10 jumps forward like you are jumping in puddles.



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HEALTHY ALPHABET

AGES 6-9

Good health means staying taking care of your body and your mind.

It means staying active and eating well. It also means learning about your emotions and feelings, doing activities that make you feel happy and positive, and having healthy relationships. In today's challenge, you will find 26 healthy things - one for each letter of the alphabet.

SUPPLIES

- **PAPER**
- **MARKERS**

THE CHALLENGE

- Write each letter of the alphabet on a separate piece of scrap paper. The pieces of paper can be any size.
- Then, lay out the alphabet letters in order from A to Z.
- Go around your home and find one healthy thing for each letter of the alphabet. Remember to include things that are good for your body and your mind.
- Here are some examples:
 - A - an Apple or a picture of an apple because apples are good for you to eat
 - B- a Book because reading is good for your mind
 - C- your Cat because it makes you feel good to pet your cat
 - D - Drawing because it makes you feel calm and happy



Photo Credit: Rebekah Jackson

EXTENSIONS

1. Pick 3 of the things that you found that are healthy and do them. For example, if you picked 'drawing' for the letter 'D', then spend some time drawing.
2. Draw a picture of each of the healthy thing that you found.
3. Play with a sibling or a friend virtually or over the phone. One person can find 'A' and the next person can find 'B' and so on.



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MAKE A TIME CAPSULE

AGES 6-9

Your experiences today will shape who you are in the future.

A great way to think about some of your strengths, skills and fun memories is to create a time capsule. In today's challenge you will think about who you are and what you love today by making a time capsule that is filled with things from the present and then is hidden away and opened in the future.

SUPPLIES

- **Shoebox, wood box, or plastic storage container**
- **Mementos to fill your box**

THE CHALLENGE

- Choose what present day tokens you want to include in your time capsule.
- Then, put your time capsule together and seal it. Label it with your name and a date that it can be opened.
- Here are some ideas for things to include in your time capsule:
 - Write a letter to your future self about who you are today and your hopes and dreams for the future
 - A magazine from that date or month.
 - Tickets, small objects, notes, and other mementos
 - School paper or art projects
 - Photos of yourself, your family and your friends
 - Trace around your hand on a piece of paper and put the date on the page



Photo Credit:

- 1) <http://www.mykidsadventures.com/time-capsule/>
- 2) <https://www.todaysparent.com/family/crafts/how-to-make-a-cool-time-capsule-for-the-future/>

EXTENSIONS

1. Decorate your time capsule container with markers, crayons, colorful paper or other craft supplies you may have at home.



ALPHABET PHOTOGRAPHY CHALLENGE

AGES 6-9

Art is everywhere!

Sometimes taking a close look and spending time exploring our homes with a fresh look can help us see art in places we hadn't noticed. In today's challenge you will take photos of everyday objects that make the shape of letters.

SUPPLIES

- Camera
- Phone or Tablet with a Camera.

Don't have a camera? No problem!
You can still do the challenge!

THE CHALLENGE

- Your challenge today is to take pictures of things around your home that look like letters.
- First, take a look at the website <https://www.alphabetphotography.com/>
- Type in a word, or letters, and click 'create my word' to see examples of alphabet photography.
- Then, try taking some of your own photos around your home.

DON'T HAVE A CAMERA? NO PROBLEM!

Go on a scavenger hunt to find letters in your home. Try finding the letters to spell your name.

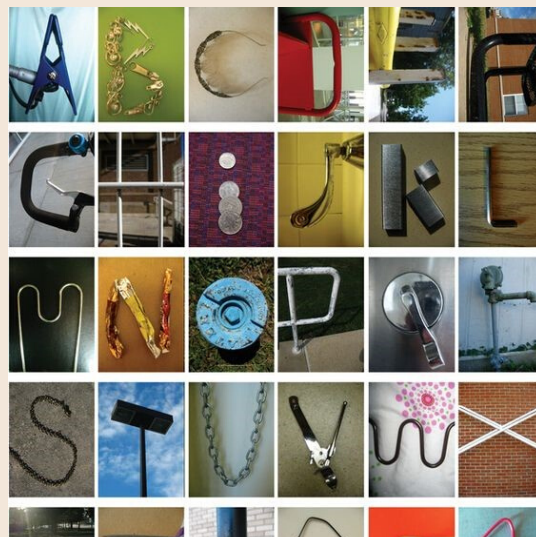


PHOTO CREDIT:
[HTTPS://WWW.BEHANCE.NET/GALLERY/3397223/PHOTOGRAPHIC-ALPHABET-METAL](https://www.behance.net/gallery/3397223/PHOTOGRAPHIC-ALPHABET-METAL)

EXTENSIONS

1. Try to spell words with alphabet letter pictures. Can you find everyday objects with the letters that spell your name? Your favorite animal? Your favorite movie or book character?
2. Make your friend's name and text or email them the photos.
3. Create a secret message and send it to a friend or family member to decode.
4. Print out one of your words and make a frame for it out of construction paper.



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VIRTUAL STORY TIME

AGES 6-9

What's better than listening to a good story?

How about listening to a good story read by the voice of Olaf from Frozen? In this challenge, all you have to do is curl up, relax and tune in while Josh Gad, the actor who plays Olaf, reads you a story.

SUPPLIES

- **Computer, Phone, or Device with internet access and sound.**

THE CHALLENGE

- Watch Josh Gad read a children's story at 7 p.m. EST tonight on Twitter.
- You can watch it live or you can watch a replay of *Waiting is Not Easy* here:
<https://twitter.com/joshgad/status/1247300719654232065?s=20>
- If you like it, you can tune in every night.

EXTENSIONS

1. If you enjoyed listening to #GadBookClub, check out some of the stories from Storyline Online.
<https://www.storylineonline.net/library/>
2. Ask a friend or classmate to tune in at the same time. Talk about what you enjoyed about the story later.
3. Build a story time fort out of blankets and pillows. Make it as cozy as possible.



Photo Credits: <https://twitter.com/joshgad>



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