

# ROCKO'S CORNER



## CLUB FLASHBACK

By Raquel Gomez

It feels like just yesterday we were all on Spring Break. Some of you may remember that we took a little field trip during our Spring Break this year.

The Musical Instrument Museum (MIM) is a 250,000 sq ft museum where we had a chance to listen to music and instruments from all over the world!

We even had the opportunity to play some of the instruments. If you went on the field trip, consider writing a "Thank You" note to MIM for letting Barker come and try something new.



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## TRIVIA

Which singing voice is the highest pitch?

- A. Soprano
- B. Tenor
- C. Baritone

What is the smallest state in America?

- A. Vermont
- B. Maryland
- C. Rhode Island

Which place is called "the happiest place in the world?"

- A. Barker Boys & Girls Club
- B. DisneyLand
- C. All of the above :)

How many bones do sharks have?

- A. 0
- B. 32
- C. 167

Answers on the bottom of Page 3

# DIY Face Masks

Have you Heard? The CDC (Centers for Disease Control) now recommends that we all wear masks...

We should be all be doing our part by staying home. If you absolutely have to go out, make sure you are safe!

**Remember:**

- Wash your hands with warm water and soap for at least 20 seconds
- Stay 6 ft away from other people
- Limit groups to 10 people or less
- Wear a mask when going to places like the grocery store

Try making your own masks at home using the pictures here. All you need is a coffee filter, bandana and 2 rubber bands/hair ties.

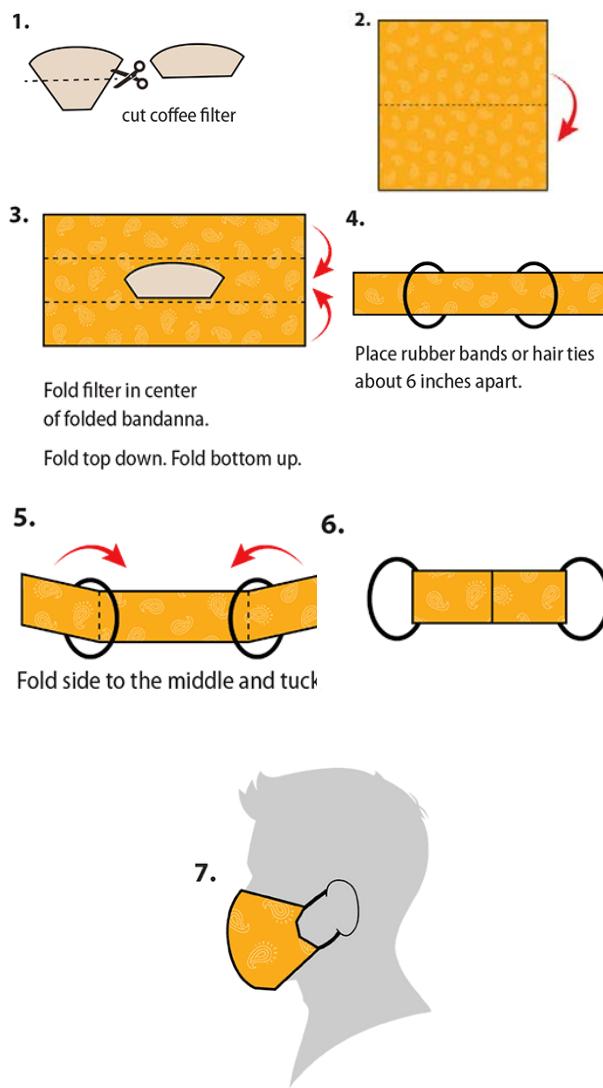
Take a picture and have your parent email it to us, so we can post you in next week's newsletter! [barker@bgcs.org](mailto:barker@bgcs.org)



## DIY SIDEWALK CHALK PAINT

Want to do some sidewalk chalking but don't have any chalk? You can make your own! All you need is cornstarch, water, food coloring, mixing bowls or a muffin tin and some paint brushes!

Make sure to ask your parents before using kitchen supplies.



1. Mix equal parts of cornstarch and water until smooth.
2. Pour the mixture into muffin tins or small mixing bowls
3. Add food coloring to each bit, mix until blended. Play with mixing colors!
4. Apply the "chalk" to your sidewalk or driveway with a paintbrush.

# Stay Fit!

Hey everyone, it's Bethany!

There are many fun and active things you can do at home, here are some ideas to keep you moving!



Go for a walk or a run for 10 minutes every day!



Stretch while watching a movie!



Find an online yoga program or app! Nike Training Club App has many yoga workouts to follow along with!

Have a pushup contest with a sibling or parent!

