

## Boys & Girls Clubs of Carson

Middle School Virtual Program – Wednesday April 1st

Activity Info/Staff	Activity Link
<p>Meditation (Adam)</p> <ul style="list-style-type: none"><li>• Unwind with a silent meditation and body scan to start your day.</li></ul> <p>Questions to think about.</p> <ul style="list-style-type: none"><li>• How did you feel before watching the video?</li><li>• How do you feel during the video?</li><li>• How do you feel after watching the video?</li><li>• Would you recommend this video to a friend?</li></ul>	<p><a href="https://www.youtube.com/watch?v=X462QPGZQt4">https://www.youtube.com/watch?v=X462QPGZQt4</a></p>
<p>Health (Adam)</p> <ul style="list-style-type: none"><li>• In this video we will be learning how to React and Cope with Stress</li></ul> <p>Questions to think about:</p> <ul style="list-style-type: none"><li>• What are some coping methods you learned from this video?</li><li>• What are some methods you used before watching this video.</li></ul>	<p><a href="https://www.youtube.com/watch?v=TK5K0XLT15g">https://www.youtube.com/watch?v=TK5K0XLT15g</a></p>
<p>Leadership (Mia)</p> <p>-What makes great school leaders?</p> <p>Tune into the first link to learn what it takes to make a great leader.</p>	<p><a href="https://youtu.be/p3A4Nbzx-gM">https://youtu.be/p3A4Nbzx-gM</a></p> <p><a href="https://youtu.be/lkDBImBAmN0">https://youtu.be/lkDBImBAmN0</a></p>

<p>-Push yourself everyday to become the best version of yourself! Tune into the second link to gain the motivation to become the best leader you can be. You don't need to compete with others, just work on becoming better every single day. Commit to learning new things every day! Plan for your future.</p>	
<p>Lunch</p>	
<p>Art (Alysssa) The Van Gogh Museum in Amsterdam houses the largest collection of artworks by Vincent van Gogh (1853-1890) in the world. The permanent collection includes over 200 paintings by Vincent van Gogh, 500 drawings and more than 750 letters. The museum also presents exhibitions on various subjects from 19th-century art history.</p> <p>Task- Go through this virtual museum and look at all of Vincent Van Gogh paintings. Pick three you like most!</p>	<p><a href="https://artsandculture.google.com/partner/van-gogh-museum?hl=en">https://artsandculture.google.com/partner/van-gogh-museum?hl=en</a></p>
<p>Power Hour (Cynthia)</p> <ul style="list-style-type: none"> <li>• During this hour do your homework packets assigned by your teachers! If you have no HW assigned you will write a journal prompt.</li> </ul>	<p><a href="https://www.youtube.com/watch?v=hQ1OwYu4GsY">https://www.youtube.com/watch?v=hQ1OwYu4GsY</a></p> <p>Journal prompt: Do you act differently online than in real life?</p>

<p>Education (Raquel)</p> <ul style="list-style-type: none"> <li>• Learning is defined as: the activity or process of gaining knowledge or skill by studying, practicing, being taught, or experiencing something : the activity of someone who learns. In the Activity below we will be learning about our Countries and State.</li> </ul>	<p><a href="https://www.youtube.com/watch?v=IMTvzf0RaNQ">https://www.youtube.com/watch?v=IMTvzf0RaNQ</a></p>
<p>Sports (Josue)</p> <p>Due to COVID-19, sports played in public areas, and sports played with large groups of individuals should be avoided. Here is how to stay active with sports while still self-isolating at home.</p>	<p><a href="https://tone-and-tighten.com/10-of-the-best-active-video-games-for-kids.html">https://tone-and-tighten.com/10-of-the-best-active-video-games-for-kids.html</a></p>
<p>Life Skills (Mario)</p> <p>We will review basic life skills that teens can practice at home. Members will keep and share a calendar of the life skills they will work on.</p> <p>Prompt: “Why do you think it is important to learn basic life skills early on in your life?”</p> <p>“What are some basic life skills that you can work on while at home?”</p> <p>“From the article provided, create a calendar that</p>	<p><a href="https://www.youtube.com/watch?v=6Kb2v9XnSXY">https://www.youtube.com/watch?v=6Kb2v9XnSXY</a></p> <p><a href="https://www.verywellfamily.com/teaching-children-life-skills-early-4144959">https://www.verywellfamily.com/teaching-children-life-skills-early-4144959</a></p>

<p>includes 2-3 basic life skills that you will practice on while at home. Share with a parent”</p>	
<p>Meditation (Alyssa) Unwind with a silent meditation and body scan to end your day. Enjoy the rest of your day BGCC members!</p>	<p><a href="https://www.youtube.com/watch?v=YtmjV49YEWs">https://www.youtube.com/watch?v=YtmjV49YEWs</a></p>