

# Boys & Girls Clubs of Carson

## Elementary School Virtual Program

### Thursday April 23, 2020

<b>Welcome!</b>	Daily Introduction from BGCC Staff  <a href="#">CLICK HERE</a>
<b>Healthy Habits</b> Greet the Day!	Start your day by drawing on a piece of paper how you are feeling. Then draw what you will do today. After that get ready to wake up your body and stretch!  <a href="#">CLICK HERE</a>
<b>Healthy Habits</b>  <b>Get on the Move!</b> Take a walk, play, or dance!	Get ready to have a blast! You will follow along with this fun cardio workout! All you will need is some space and water!  <a href="#">CLICK HERE</a>
<b>Academic Success</b>  <b>Get Crafty!</b> Arts	Learn how to draw different kinds of trees! All you will need is paper and a pencil!  <a href="#">CLICK HERE</a>
<b>Lunch</b>	Did you wash your hands?
<b>Character and Citizenship</b> How Full is your Bucket?	Watch and read along with this short clip about what it means to fill your bucket.  <a href="#">CLICK HERE</a>  After you've ready and watched the video, write down on a piece of paper how you can "fill your bucket".
<b>Academic Success</b> Get Ready! <b>Explore a virtual field trip</b>	Take a virtual field trip to Paris: City of Light!  <a href="#">CLICK HERE</a>
<b>Academic Success</b>  Power Hour	Work on homework/activities teachers provided and then explore your artistic side by playing this color by number, be sure to skip the adds.  <a href="#">CLICK HERE</a>

<b>Academic Success</b>  STEM  <b>DIY Science</b>	Science Experiment: Water Drop Races! Watch water drops race on wax paper with this fun experiment! You will need: A straw, or other thin tube. ( <i>Actually, this is optional and kids could simply blow without the aid of a straw.</i> ) Waxed paper Flat surface Eye dropper ( <i>a spoon will also suffice</i> )  <a href="#">CLICK HERE</a>
<b>Healthy Habits</b>  Life Skills	Healthy Food Vs. Unhealthy Food  Grab a piece of paper and some crayons or colored pencils. On one side of the paper draw all the food you think is unhealthy. On the other side of the paper draw food you think is healthy. Watch this video to see what foods are healthy or unhealthy.  <a href="#">CLICK HERE</a>
<b>Healthy Habits</b>  Time to Unwind! <b>Give yourself a break after a busy day</b>	Close your day with some relaxing music. Close your eyes and think of all the great things you've done today. You can even organize around your house while you listen to make your home feel cleaner and more open!  <a href="#">CLICK HERE</a>