

**Boys & Girls Clubs of Carson
Elementary School Virtual Program
Thursday April 23, 2020**

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

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