

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

<b>Welcome!</b>	<b>Daily Introduction from BGCC staff</b>  <a href="#">Click Here</a>
<b>Greet the Day!</b>  <b>Get Moving! Learn Salsa ONLINE</b>	Start your day with this Fun lesson on Salsa Dancing!  <a href="#">Click Here</a>
<b>Health and Wellness</b>  <b>Eating for the Planet</b>	Katharine Wilkinson, one of the authors of <u>DrawDown</u> , tells us how much our food choices from what we consume, to how we deal with food waste affects our health and climate change.  <a href="#">Click Here</a>
<b>STEM</b>  <b>NOVA Polar Bear Lab</b>	The interactive NOVA Polar Lab uses 360° videos, interviews with scientists, and mini-games to send students on an immersive quest to understand how the poles are key to understanding Earth's climate—past, present, and future.  <a href="#">Click Here</a>
<b>Lunch</b>	Remember to wash your hands for 20 seconds!
<b>Education</b>  <b>Who, Me? Biased?: Understanding Implicit Bias</b>	In this interactive lesson, students explore the extent to which society (and they themselves) may discriminate based on factors they're not even aware of, implicit biases.  <a href="#">Click Here</a>
<b>Power Hour</b>	Do your best to use this time to work on the homework packets provided by your teachers. Here is a link to Khan Academy to receive tutoring support.  <a href="#">Click Here</a>

<b>Life Skills</b>  <b>10 Mind Tricks to Learn Anything Fast!</b>	<p>These tricks will help you learn anything fast, such as psychology, for whatever assignments you have or work you need to do. These mind tricks make you learn faster than usual!</p> <p><a href="#">Click Here</a></p>
<b>College and Career</b>  <b>Beating the Odds</b>	<p>When a degree is your goal, nothing can hold you back. “Beating the Odds” highlights how students everywhere are overcoming obstacles to get to college, standing on their struggles to reach even greater heights.</p> <p><a href="#">Click Here</a></p>
<b>Creative Thinking</b>  <b>Can Procrastination Be a Good Thing?</b>	<p>It seems like we’re always being told that procrastination is bad. Taking a closer look at why people procrastinate, though, it’s more complicated than it might seem. Many researchers would agree that procrastination can actually be helpful. Distractions provide the mind a break during which we can creatively think through problems. Explore the science behind procrastination in this week’s <i>Above the Noise</i> video.</p> <p><a href="#">Click Here</a></p>
<b>Time to Unwind!</b>  <b>Give yourself a break after a busy day</b>	<p>Have a good day everyone</p> <p>Let’s end the day with an inspirational meditation video that is great for teens who want to create healthy habits, and a healthy mind.</p> <p><a href="#">Click Here</a></p>