

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

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! Mindfulness	This video provides essentials on how to start our day positively Click Here
Health & Motivation	<p>Do you lie in bed for hours, staring at the clock? Do you wake up feeling groggy and slow? Lack of sleep can do a lot more to make you have a bad morning—it can hurt your mental and physical health. Today we're going to show you why getting that shuteye is so important and teach you five easy ways to get all the refreshing sleep you need.</p> <p>Reflection: How many Tips did this video offer? What are three new tools that interest you?</p> <p>Challenge: I challenge you to practice three new tips from this video.</p> Click Here
Life Skills	Are you in need of a face mask during this quarantine? Let's find out how to make one from the comfort of our home. Click Here
Lunch	Remember to wash your hands for 20 seconds!
Power Hours!	Focus on homework/classwork During this hour work on your homework. If you don't have any, get some writing paper and get ready to be honest. Here is a prompt for you to write about: “What is your favorite TV show? What do you like about it?”

Smart Moves Leadership	<p>We have all changed someone’s life without even realizing it. In this powerful yet funny ted talk, Drew Dudley calls for you to celebrate leadership as the everyday act of improving each other's lives! Discover the leader within yourself.</p> <p>At the end of this talk, take this time to ask yourself and really reflect on this question: Are you comfortable with calling yourself a leader?</p> <p>Click Here</p>
Get you Move on! Sports	<p>Want to be fast? Want to increase separation between yourself and your opponent? Here is a video on a couple drills that can help increase your acceleration. Even if you’re naturally gifted with speed, learn how to improve your technique to be able to fly by your competition.</p> <p>Click Here</p>
Get Ready! Education	<p>This spot-the-difference game calls for students to distinguish between pairs of drawings to find subtle variations between them.</p> <p>The It's Not the Same game supports the National Council of Teachers of Mathematics standard: Sort and classify objects according to their attributes and organize data about the objects.</p> <p>Click Here</p>
Get Crafty! Art	<p>Have you ever heard of an exploding book? Follow this tutorial and learn about the 7 elements of art, included in this tutorial.</p> <p>Click Here</p>
Time to Unwind! Give yourself a break after a busy day	<p>Enjoy this fun chakra meditation to help you relax, breathe, and concentrate. We all deserve to relax after a long day. Since we often encounter emotional, social and physical challenges or conflicts, this meditation is incredibly valuable to us all, helping with breathing techniques, yoga, physical posture and more.</p> <p>Click Here</p>