

**Boys & Girls Clubs of Carson
High School Virtual Program
Friday, April 24**

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! Fitness Friday	Fitness Friday Core Workout with Terry Crews. Today, Terry works out with celebrity trainer Latreal Mitchell! Planks and breakdancing moves are a great way to engage your core and strengthen your upper body! AND they can be done from home! Click Here
Health & Motivation How to Be More Happy, Healthy, Motivated, & Successful!	Here are some of Jeanine Amapola's best tips to rock every day, be more successful, happy, grow mentally, and so much more!! Click Here
Art 10 Tips to Immediately Improve Art	Fast Art Hacks with immediate results by Robin Sealark Click Here
Lunch	Remember to wash your hands for 20 seconds!
College Tour Explore a virtual trip- UC Irvine	Let's take a virtual tour of the mighty, mighty UC Irvine! Zot! Zot! Learn interesting facts about the historical buildings on campus while getting an inside view of what the campus looks like. Click the arrows on the screen to continue on your virtual tour or skip to places of more interest to you in the menu to the left. If you are interested in applying, click "Learn More". You will be directed to the college and how to apply! Click Here

Power Hour	<p>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.</p> <p>Click Here</p>
Life Skills Journal Prompts	<p>How to start journaling and what to journal about. Here are 30 journal prompts for self-discovery</p> <p>Click Here</p>
College & Career Job Experience	<p>Learn about a teen's first job experience working at the movie theatres.</p> <p>Click Here</p>
A Journey to Excellence Self-Leadership	<p>In this funny and invigorating talk Lars Sudmann walks us through the personal journeys of great leaders, shows lessons from the golden age of leadership and shares 3 strategies on self-leadership to develop yourself into a "Utopia leader".</p> <p>Click Here</p>
Time to Unwind! Give yourself a break after a busy day	<p>Try not to laugh challenge</p> <p>Here are the rules of this laugh challenge: Start with 10 points. When you laugh at video clip you lose 1 point! So how many points do you have at the end? I hope 0!</p> <p>Click Here</p>