

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

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! Mindfulness	You can practice mindfulness anytime and anywhere. You may think mindfulness is hours of meditation. Even though long meditation can help better this practice, mindfulness can be practiced in the now. This short clip helps you learn 4 steps you can take right now wherever you are in this moment. Click Here
Health & Motivation	In this video, we explore 4 simple tricks to stay motivated every day. Reflection: What are three new tools you learned from this video? Challenge: I challenge you to practice those three new tools you learned from the video. Click Here
Life Skills	How good are you at saving your money? In this video we are going to learn some very useful tips teens can do in order to save money. Click Here
Lunch	Remember to wash your hands for 20 seconds!
Power Hour!	If you need some inspiration to finish your homework. Take the time and see how simple things can inspire you to change the world! Click Here

Smart Moves Leadership	<p>This video shares good points on how to deal with stressful situations</p> <p>Click Here</p>
Get you Move on! Sports	<p>It's Friday! Get up and get ready to move! Today's workout video will switch things up by focusing on dance. Here is a 30-minute cardio-challenging hip hop workout that will make things both fun and challenging.</p> <p>Click Here</p>
Get Ready! Education	<p>Watch this Ted talk and learn how Sam lives a happy life. After watching this ted talk write what makes you happy.</p> <p>Click Here</p>
Get Crafty! Art	<p>The Nelson-Atkins Museum of Art hosts the "Queen Nefertari: Eternal Egypt" gallery. Because many planned to visit during the final weeks, Nelson-Atkins Director Julián Zugazagoitia is offering an impromptu virtual tour of some of the highlights. We hope that you enjoy this glimpse into Ancient Egypt as we #MuseumfromHome together.</p> <p>Click Here</p>
Time to Unwind! Give yourself a break after a busy day	<p>A gratitude practice is great for our overall well beings. If we regularly practice gratitude, we are able to experience more positive emotions, express more compassion and kindness and sleep better!</p> <p>Click Here</p>