

**Boys & Girls Clubs of Carson
Elementary School Virtual Program
Friday, April 17**

Welcome!	Daily Introduction from BGCC staff Click Here
Start the Day off Right!	Start the day with writing down some things you are grateful for. Grab a journal, notebook, or some paper and write your answer to the two questions: <ol style="list-style-type: none"> 1. Today I feel: It is important to acknowledge and express our feelings each day, even when they are not positive. 2. Three Things I am Thankful For: Reflect on your gratitude and what you are thankful, from anything small to something big.
Get on the Move!	Get Moving! P.E with Joe! Move and Feel energized with these workouts! You'll get your heart rate up and have some fun with P.E Joe! All you'll need is an open space and some water! Click Here After workout challenge: Write a letter or a poem describing how you feel after exercise!
The Arts Hands That Pop!	Art Hands that Pop! Get creative with your own two hands with this simple art that pops craft! You'll need: Blank Paper Pencil Black Marker Colored Pencils or Crayons Click Here
Lunch	Did you wash your hands?
Lunch-O-Matic	Learn why certain foods are important in each meal by playing this Arthur Lunch O-Matic Game! Click Here
Academic Success Get Ready!	Take a trip to the Amazon Rain Forest See animals and plants you won't see anywhere else in the world! Click Here

Explore a Virtual Field Trip	
Power Hour	Find a quiet space in your house to start your assigned schoolwork. If you don't have any schoolwork, go to: Click Here
Rainbow Jar!	Learn how different liquids have different weights in this awesome Rainbow Jar STEM experiment. Check out the website for the recipe and details. Click Here
Life Skills	Learn about why washing your hands is so important. Watch this video and then wash your hands! Click Here
Time to Unwind!	Play some quiet music and think about all the things you've accomplished today! Write down things that you are grateful for and things that you will do differently tomorrow! Share this with a family member, friend, or write it in your journal.