

# Boys & Girls Clubs of Carson

## Virtual Program – Friday April 3rd

<b>Healthy Habits</b>	<b>Greet the Day!</b> Mindfulness	Get Energized to Begin Your Day! <a href="#">Click Here</a>
<b>Healthy Habits</b>	<b>Get on the Move!</b> Take a walk, play, or dance!	Follow along with a workout instructor for a fun high intensity workout! The video is easy to follow and gives you breaks in between each exercise. Click on the skip ads icon on the left side of your screen.  <a href="#">Click Here</a>
<b>Character and Citizenship</b>	<b>Get Crafty!</b> Arts	Creative Circle Art Challenge. Transform Circles into whatever you can imagine! (Free downloadable template) <a href="#">Click Here</a>
	<b>Lunch</b>	Did you wash your hands?
<b>Character and Citizenship</b>	<b>Smart Moves</b>	Peanut Butter and Cupcake: How to Make a Friend quick write <a href="#">Click Here</a>
<b>Academic Success</b>	<b>Get Ready!</b> Explore a Virtual Field Trip	Take a Tour of The International Space Station <a href="#">Click Here</a>
<b>Academic Success</b>	<b>Power Hour</b>	Work on homework/activities teachers provided and play this fun math game <a href="#">Click Here</a>
<b>Academic Success</b>	<b>STEM</b>	Listen to a podcast about a supernova named Betelgeuse and why it could be dimming. <a href="#">Click Here</a>

<b>Healthy Habits</b>	<b>Life Skills</b> Let's Stay Healthy!	Play a matching game about what makes a healthy plate and then draw your own plate with foods you like. <a href="#">Click Here</a>
<b>Healthy Habits</b>	<b>Time to Unwind!</b> Give yourself a break after a busy day	Listen to some music! Create a playlist of your favorite songs.