

# Boys & Girls Clubs of Carson

## Virtual Program – Thursday April 2nd

<b>Healthy Habits</b>	<b>Greet the Day!</b> Mindfulness  GoNoodle	Face this new day with this morning activity:  Rainbow Breath-Flow <a href="#">Click Here</a> For all videos, feel free to skip ads by clicking on the skip ads button on the bottom right side of your screen.
<b>Healthy Habits</b>	<b>Get on the Move!</b> Take a walk, play, or dance!	Just Dance Workouts!  Choose from a wide variety of Just Dance songs! Get your heart rate pumping while having fun! Members can choose a song of their choice and pick a character to follow along with.  <a href="#">Click Here</a>
<b>Character and Citizenship</b>	<b>Get Crafty!</b> Arts	Art: Sock Puppet Craft <a href="#">Click Here</a> You will need: <ul style="list-style-type: none"><li>- a sock</li><li>- buttons(or pennies or googly eyes)</li><li>- a marker</li><li>- something to attach stuff to your sock(hot glue works best, although thread and needle also works well)</li><li>- paper(optional) for decoration</li></ul>
<b>12:00 pm</b>	<b>Lunch</b>	Did you wash your hands?

<b>Academic Success</b>	<b>Smart Moves</b>	Duolingo – Check out this <b>free</b> online learning tool for 36 foreign languages Choose a language you’d like to learn in a fun way! <a href="#">Click Here</a>
<b>Academic Success</b>	<b>Get Ready!</b> Explore a Virtual Field Trip	The Louvre Museum <a href="#">Click Here</a> -Hit the close button in the center once you enter the site
<b>Academic Success</b>	<b>Power Hour</b>  Prodigy Math	Work on homework/activities teachers provided and then check out this <b>free</b> online math program that uses a fun video game- style interface to engage learners  <a href="#">Click Here</a>
<b>Academic Success</b>	<b>STEM</b>	Why do dogs wag their tails? Read about a dog’s body language and what purposes they serve <a href="#">Click Here</a>
<b>Character and Citizenship</b>	<b>Life Skills</b>  Social Skills	Journal about “What Do You Think Responsibility Is, and How Can You Take Responsibility?” Then check out this video: Responsibility-Taking Responsibility <a href="#">Click Here</a>
<b>Healthy Habits</b>	<b>Time to Unwind!</b> Give yourself a break after a busy day - GoNoodle	This exercise teaches how to gain control of your stressful energy when it becomes too hard to handle Bring It Down-Flow <a href="#">Click Here</a>