

**Boys & Girls Clubs of Carson
Elementary School Virtual Program
Tuesday, April 14**

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day!	Start the day by creating your own morning routine chart by printing out this template or copying it on a piece of paper with markers or crayons. Some items you can include can be: Make your bed, Get dressed, Brush your teeth and so on. CLICK HERE
Get on the Move! Take a walk, play, or dance!	This short and easy workout is suitable for kids who need to exercise at home. This workout improves their flexibility, improves their muscle strength, helps burn any unnecessary body fat while also boosting their metabolism and improving cardio circulation. CLICK HERE
Get Crafty! Arts Q-Tip Painting	Materials: -Q-tips -Paint -Paper -Rubber band or hair tie -Markers or crayons -Paper plate for paint Use Q-tips individually or bundle them together to create unique dot art. Start by drawing a base of whatever picture you'd like on a paper. For example, if you are painting leaves on a tree, you'd draw the trunk with a marker or crayon. Dip a Q-tip in paint and start painting. If you want to create more dots, you can bundle a few Q-tips with a rubber band and hair tie (refer to images). CLICK HERE CLICK HERE
Lunch	Did you wash your hands?

Smart Moves Journal	Write in your journal or piece of paper! Journal Topic: What animal best describes you? Which animal describes your personality best? What do you have in common?
Academic Success Get Ready! Explore a Virtual Field Trip	Take a short virtual tour of Robert Irwin's Australian Zoo! CLICK HERE
Power Hour	Work on homework/activities teachers provided and then work on some math in AdaptedMind. You can choose your grade level and begin playing and learning! CLICK HERE
STEM DIY Science	This low-tech invisible ink science experiment lets you send secret messages to friends and family. All you'll need is a piece of paper, a cotton swab, a heat source (a lamp or electric stove works), and milk or lemon. CLICK HERE CLICK HERE
Life Skills	Germ Smart Kids- Watch this video and continue to learn about how to properly wash your hands! Bad germs hide under your nails and other places, remember how important this is to understand especially during this time. Write down other ways you can be Germ Smart. What else can you do besides washing your hands? CLICK HERE
Time to Unwind! Give yourself a break after a busy day	Create a vision board! Cut out words and pictures from magazines that speak to your interests, desires, and dreams. Then glue these pictures and words onto a poster board or paper to display in your room. The process of creation allows you to think about what you want from life and displaying things you love gives an opportunity to focus on what is really important when you are upset. You'll need: Paper Poster Board Magazines Scissors Glue Markers/Crayons