

Boys & Girls Clubs of Carson

Elementary School Virtual Program

Tuesday, April 21

Welcome!	Daily Introduction from BGCC Staff Click Here
Healthy Habits Greet the Day!	Start the day with a mindful positive attitude. After your morning daily routines, find a quiet space to do this Good Morning Yoga Sequence for Kids. CLICK HERE After warming your mind and body, remember every day is an opportunity to learn something new and choose to enjoy your day, be kind and positive!
Healthy Habits Get on the Move! Take a walk, play, or dance!	Before our workout for today make sure to do this warm up and stretch routine! CLICK HERE After you are done, set a timer for 2 minutes for your workouts. Grab a notebook or paper to write down your totals and see your progress. Do as many jumping jacks as you can when you start your timer, then sit-ups, then push-ups (each for 2 minutes), writing down your totals. Make sure to drink water and take a break when you need it!
Academic Success Get Crafty! Arts -Streamer Rainbow	Let's make Streamer Rainbows! You will need: a paper plate, different colored tissue paper (or whatever type of paper you have), cotton balls, glue, and a piece of string. <ol style="list-style-type: none"> 1. Cut the paper plate in half 2. Cut strips of different colored paper (about 6 strips) 3. Attach the strips to bottom of paper plate (straight side) 4. Glue cotton balls to plate to make your cloud 5. Attach piece of string to back to hang your rainbow CLICK HERE Good job!
Lunch	Did you wash your hands?
Character and Citizenship Smart Moves	Write in your journal or piece of paper! Journal Topic: Super Hero Powers-If you could have any super hero power what would it be and why?
Academic Success Get Ready! Explore a virtual field trip	Take a virtual field trip to a Bahamas Coral Reef! CLICK HERE

Academic Success Power Hour	Work on homework/activities teachers provided and then explore your artistic side by playing this painting game. Andy's Art Studio CLICK HERE
Academic Success STEM DIY Science	Science Experiment: Crawling Colors (color mixing fun) You will need: 5 clear containers, primary color food dye (red, yellow and blue) or washable watercolors, paper towels, and water. <ol style="list-style-type: none"> 1. Fill your containers with water, add red coloring in one, yellow in another, and blue in another (set the containers in order-red, then a clear one, yellow, a clear one, and blue at the end) 2. Then you're going to set your colors to crawl across-roll up a paper towel and put one edge in red and the other end in the clear one 3. Do the same for the rest, one rolled up paper towel in yellow and other in empty/clear one, and also for the blue one-should look like a "crawling caterpillar" (refer to pictures on link) 4. Let the jars sit and watch the colors crawl! CLICK HERE
Healthy Habits Life Skills	Your Happy Place Activity Think about a place that makes you happy. Then write a detailed description and draw a picture of the place on a piece of paper. Hang it in your room. The next time you're feeling down or upset, think about your happy place.
Healthy Habits Time to Unwind! Give yourself a break after a busy day	Relax with this Calm Down Yoga Sequence for Kids. This is great for practicing before bed, or anytime you are feeling stressed, anxious, upset, or angry. CLICK HERE