

Boys & Girls Clubs of Carson

Elementary School Virtual Program

Tuesday April 7th

Character and Citizenship	Greet the Day! Gratitude Practice	Start the day practicing gratitude by making a gratitude journal. Take five minutes to think of something that you feel grateful for today. You'll need a pen, paper or notebook. Here are some topics or ideas you can use to guide you: <ul style="list-style-type: none">– Something that someone else did for you.– A person in your life that you appreciate.– An activity or hobby you are grateful to be able to do.– A positive quality of someone that can sometimes be hard to get along with.– A skill or ability you have.– A part of your body you are grateful for and why.– An item that you love.– Something that made you laugh.– What you have learned from something that was hard.
Healthy Habits	Get on the Move! Let's build these muscles!	Get a workout with this 25-minute exercise routine! Jumping Jax Gym "Cardio Kids Vol " Click Here
Character and Citizenship	Get Crafty! Arts Colorful Recycled Art!	Recycled Rainbow Color Wheel: Create a color wheel with the material you have lying around your house. Click the link for more details! Click Here You'll need magazines, scissors, sheet of paper, and a glue stick.
	Lunch	Did you wash your hands?
Healthy Habits	Smart Moves Healthy Plate	Show us that you know what a healthy plate looks like! Try getting a high score on the Yum-O-Meter! Click Here
Academic Success	Get Ready! Explore a Virtual Field Trip	National Aquarium Virtual Tour Click Here

Academic Success	Power Hour	<p>Work on homework/activities teachers provided, then play and learn about sharks, octopuses, and more. Discover how sea creatures live together in an ecosystem.</p> <p>Coral Reef Click Here</p>
Academic Success	STEM Lesson about the nervous system and how our bodies function	How Does Your Brain Control Your Body? Click Here
Character and Citizenship	Life Skills Household Object Challenge	Challenge yourself by building a house using regular household items. Some ideas include: <ul style="list-style-type: none"> -paper -band aids -paper clips -stack of cards -etc...
Healthy Habits	Time to Unwind! Give yourself a break after a busy day	Sleep is Important! Learn more about sleep and why it is important while playing a game. Click Here