

**Boys & Girls Clubs of Carson
High School Virtual Program
Monday, April 20**

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! Health and Wellness- Morning Yoga and Meditation Routine for Self-Love	Enjoy this morning yoga and meditation routine for self-love so you can fill your day with love and kindness toward yourself and others. This morning yoga routine is a full body gentle stretch and suitable for all levels, making it a great morning yoga for beginners practice or anyone who wants to combine yoga asana with morning meditation. Click Here For all videos, feel free to skip ads by clicking on the skip ads button on the bottom right side of your screen.
Health and Motivation Emotional Health One of the BEST MOTIVATIONAL video's by Simon Sinek	Check out this powerful, motivational video on how WE can Be a Light During Dark Times. Click Here
College and Career How to graduate college with a job you love & less debt	Jullien Gordon helps this new generation realize their full potential by identifying four types of capital that blend work in harmony. The need for balance between book smarts and street smarts is more crucial than ever. Click Here
Lunch	Remember to wash your hands for 20 seconds!
Life Skills 14 Ways Teenage Entrepreneurs Can Make Money	Check out this video on 14 ways that teenage entrepreneurs can make money. Click Here

<p>Power Hour</p>	<p>Do your best to use this time to work on the homework packets provided by your teachers. Here is a link to Khan Academy to receive tutoring support.</p> <p>Click Here</p>
<p>Education</p> <p>Ready to Explore? Let's take a Virtual Tour</p> <p>National Museum of Natural History</p>	<p>The Smithsonian, National Museum of Natural History virtual tours will allow you to take self-guided, room-by-room tours of select exhibits and areas. Visitors can also access select collections and research areas at our satellite support and research stations as well as past exhibits no longer on display.</p> <p>Click Here</p>
<p>Leadership and Motivation</p> <p>Questions Every Teenager Needs to Be Asked</p>	<p>The world is not a fair place and not everyone gets to live out their dreams, but should this stop us from dreaming? Absolutely NOT! This talk attempts to revive dreams in teenagers from across the world.</p> <p>Click Here</p>
<p>Education</p> <p>Basketball+ Math=FUN!</p>	<p>Shot Clock is a fun basketball math game that involves different types of math equations.</p> <p>Click Here</p>
<p>Time to Unwind!</p> <p>Give yourself a break after a busy day</p>	<p>Try not to laugh challenge</p> <p>Here are the rules of this laugh challenge: Start with 10 points. When you laugh at video clip you lose 1 point! So how many points do you have at the end? I hope 0!</p> <p>Click Here</p>