

**Boys & Girls Clubs of Carson
High School Virtual Program
Tuesday, April 21**

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! Health and Wellness- Yoga Morning Fresh	Yoga Morning Fresh is the perfect way to start the day! This full yoga practice offers an opportunity for you to ease in, slowly building on breath and asana for a well-rounded practice. Show up to pranayama (or breath practice) and a moving meditation that lovingly wakes up mind and body, providing you the energy you need to conquer your day. Click Here
Education Coping with Uncertainty during the Time of Corona	This whole coronavirus thing is messing up every aspect of society. School is no exception, with millions of students now stuck at home dealing with a bunch of new stress. Watch this video to find out how to deal with so much uncertainty in the time of the coronavirus. Click Here After you watch the video please Click Here to respond to the prompt.
Health and Wellness Understanding Food and Climate Change: An Interactive Guide	This Interactive Guide uses video, photography, text, and interactive experiences to help students learn how food and climate systems interact and how personal choices can make a difference. Click Here
Lunch	Remember to wash your hands for 20 seconds!
STEM The Human Spark	This video segment from The Human Spark looks at the ways in which monkeys, chimpanzees and apes are similar to humans, not just biologically but mentally and socially. Click Here

Power Hour	<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>
The Arts Elements of Poetry	<p>In this interactive lesson, discover how literary techniques like figurative language, imagery, and symbolism contribute to the overall meaning of a poem. Explore how a poet establishes and builds on a theme. Learn how to tell the difference between tone and mood.</p> <p>Click Here</p>
STEM Sound Waves	<p>Learn about sound waves, which move vibrations from one place to another through liquids, gases and solids, with this interactive lesson.</p> <p>Click Here</p>
Career and Life Skills Career Hacks: Nonverbal Communication	<p>The goal of this interactive lesson is to introduce students to nonverbal communication as an essential skill for career readiness and success in the workplace and provide opportunities to practice what they learn.</p> <p>Click Here</p>
Time to Unwind! Give yourself a break after a busy day	<p>Have a good day everyone</p> <p>Let's end the day with an inspirational meditation video that is great for teens who want to create healthy habits, and a healthy mind.</p> <p>Click Here</p>