

**Boys & Girls Clubs of Carson
High School Virtual Program
Wednesday, April 22**

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! Get Moving! 10 Min Dance Class	Learn a short dance routine and work up a sweat to a mix of funk and disco jams from then and now. Click Here
Education How Many Bears Are Enough?	Should grizzly bears be protected under the Endangered Species Act? How many bears is the ideal number? Should bears and wolves be hunted as a management tool, or are there better ways to prevent human/predator conflict? Watch this video to hear from farmers, hunters, native Americans, and organizations like Greater Yellowstone Coalition about varying opinions. Click Here
Health and Wellness Food Justice	Urban high school students discuss problems in food systems and what can be done about them in this adaptation of a video they created in collaboration with the Environmental Justice League of Rhode Island. They discuss lack of access to fresh fruits and vegetables in urban areas; the high cost of healthy food compared to cheap and abundant junk food; the lack of food grown locally; and animal cruelty. Click Here
Lunch	Remember to wash your hands for 20 seconds!
Education Math in Special Effects	Using video and web interactives from <i>Get the Math</i> , students engage in an exploration of mathematics, specifically reasoning and sense making, to solve real world problems and learn how special effects designers use math in their work.

	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>
Life Skills How to Save Money FAST as Teenager	<p>In this video you'll learn quick money saving technique's</p> <p>Click Here</p>
College and Career Making a Good First Impression/ Workforce Readiness	<p>Learn why the first impression you make is a big part of whether people take you seriously in the workplace in this video.</p> <p>Click Here</p>
Life Skills Public Speaking	<p>If you're like most people, then speaking in public gives you the heebie-jeebies. Well, we're going to show you how to conquer that fear, organize your speech, and deliver it with style.</p> <p>Click Here</p>
Time to Unwind! All it takes is 10 mindful minutes	<p>Have a good day everyone</p> <p>When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. Enjoy this exercise after your day!</p> <p>Click Here</p>