

**Boys & Girls Clubs of Carson
Middle School Virtual Program
Friday, April 17**

Activity Info/Staff	Activity Link
Welcome!	Daily Introduction from BGCC staff https://youtu.be/Dx-KnXvTo4c
Greet the Day!	Before you begin with any physical or mental activity it is imperative to take time to check in with your body and mind. A morning meditation creates clarity, stability and most importantly it creates presence. I hope you enjoy it!! Click Here
Healthy Habits!	The Sentis Brain Animation Series takes you on a tour of the brain through a series of short and sharp animations. Click Here Reflection: What are three new tools you learned in this video? Challenge: I challenge you to share this video with 3 friends.
Let's learn some life skills!	Have you ever heard that Self Care is a priority not a luxury? Let's take some time and set up a Self-Care Action Plan. Click Here
Lunch	
Let's start Power hour!	During this hour work on your homework. If you don't have any, get some writing paper and get ready to be honest. Here is a prompt for you to write about: "Where would you go if you could go anywhere in the world? Who would you want with you? "
Leadership	Will you lead life, or will you let life lead you? Tune into this motivational video about leadership vision. Work hard to get to where you want to be no matter what obstacles we can come in

<p>Smart Moves</p>	<p>contact with! Your vision is a powerful thing. It's the way we make the world better for you and for others. See it. Believe it. Do it. And never give up.</p> <p>Click Here</p>
<p>Get on the Move!</p>	<p>Here's a fun sport that definitely tests your cardio endurance. These boxing drills will work you into shape. Make sure to get a good stretch before you start, and use a partner if you'd like. Although boxing is a physical sport, the training that goes into it focuses more on your mind. Do you have the will to finish out a tough workout even when you feel that you're too tired? Mind over body. See if you got what it takes.</p> <p>Click Here</p>
<p>Academic Success</p> <p>Get Ready!</p>	<p>Kid President believes the things we say can help make the world more awesome. Here he shares a special list of 20 things we should say more often. What would you add to it?</p> <p>Click Here</p>
<p>The Arts</p> <p>Get Crafty!</p>	<p>The Broad Museum in Los Angeles has a series of art projects students can follow on their website. Click on the link below to follow instructions on how to make a piece of art from three simple materials at home.</p> <p>Click Here</p> <p>**The link is 100% safe to open**</p>
<p>Time to Unwind!</p>	<p>Why do I get bored during meditation? Some of us often find ourselves not able to meditate, we are used to having multiple thoughts, being overwhelmed and worrying. We are not used to sitting in silence. Some things take time to get used to! Watch this video for tips to get used to mediation. We all need a moment of silence and relaxation. After you're done. Take 5 minutes to try to focus on your breathing and practice meditating. Ask yourself, what is my purpose for meditating?</p> <p>Click Here</p>