

Boys & Girls Clubs of Carson

Middle School Virtual Program – Monday April 13th

Time	Activity Info/Staff	Activity Link
Healthy Lifestyle	Greet the Day!	Too lazy to get up and stretch? One of those mornings that you just don't feel like getting up? Well why not stretch in bed? Here are 5 minutes of stretching that can be done without getting out of bed! Although, after these stretches, you might feel more energized and ready to make the most out of your day!
Healthy Lifestyle	Let's start!	<p>Just a few simple habits can make the difference between a good night's sleep and night spent tossing and turning.</p> <p>Reflection: What are 3 new things you learned in this video?</p> <p>Challenge: Your challenge for the day is to practice 2 of the 3 new tools you learned from this video.</p> <p>Click Here</p>
Leadership	Life Skills!	<p>Should we add red with whites? Today we will learn how to properly do our own laundry. Click the video below:</p> <p>Click Here</p>
	Lunch	
Academic Success	Power hour!	Take a look over any school assignment you have left. Take this time to work on those and finish assignments before the day is over.
Leadership	Smart Moves!	<p>This video shares an amazing lesson as to why winning doesn't always equal success.</p> <p>Click Here</p>
Healthy Lifestyle	Get on the Move!	<p>Focus on Basketball</p> <p>Today we will work on improving your basketball dribbling. If you're willing to learn, then grab your ball and follow these top 3 dribbling drills that can help improve your baller skills.</p>

Boys & Girls Clubs of Carson

Middle School Virtual Program – Monday April 13th

		Click Here
Academic Success	Get Ready!	When music challenges you to raise the bar... #Knowyourpresidents (U.S. Presidents Song) Click Here
Leadership	Get Crafty!	Take a virtual tour of the famous La Sagrada Familia, a large unfinished Roman Catholic minor basilica in Barcelona, Catalona, Spain Click Here
Healthy Lifestyle	Time to Unwind!	This quarantine is giving us a lot of time to be inside of our minds, which can often cause stress. Learn to watch your thoughts come and go through this mindfulness meditation that will help you to take your negative thoughts less personally. Let's go to sleep with a positive mind today and every day! Click Here