

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

Activity Info/Staff	Activity Link
Welcome!	<p>Daily Introduction from BGCC staff</p> <p>Click Here</p>
Greet the Day!	<p>Start your day off with a discussion about mindfulness. As we grow, we can often carry stress and negativity in our minds. In this ted talk, you will learn how the simple mindfulness exercises not only physically change our brains for the better, but also help us respond to stress. Learn how to implement these exercises into your own life!</p> <p>Click Here</p>
Healthy Habits!	<p>When faced with a big challenge where potential failure seems to lurk at every corner, you've probably heard the advice, "Be more confident!" But where does confidence come from, and how can you get more of it?</p> <p>Click Here</p> <p>Reflection: What is Confidence? Where does confidence come from?</p>
Let's learn some life skills!	<p>The Company you keep influence the YOU, you want to become. Let's take a few minutes to go through and complete this My Empowerment worksheet.</p> <p>Click Here</p>
Lunch	<p>Remember to wash your hands for 20 seconds!</p>
Let's start Power hour!	<p>You've watched the CoCo movie, but have you read the book? Click below and once again immersed yourself in the world of Coco, the Audiobook:</p> <p>Click Here</p>

Leadership Smart Moves	<p>This video shares key points about “What Great Leaders Actually Do” Click Here</p>
Get on the Move!	<p>Fridays are great for workouts. Here is a 30-minute strength and conditioning work out that includes both a warm-up and cool down. This a total body workout that requires no extra weights or equipment. Remember, NEVER compromise form. Go at your own pace if you have to, but make sure to always use proper form. Technique is always key.</p> <p>Click Here</p>
Academic Success Get Ready!	<p>This Friday take a tour to Harvard university. After the tour answer these questions: Would you want to go here and why? Do you like the campus? Click Here</p>
The Arts Get Crafty!	<p>Is it a bird? Is it a snake? The Occamy appears in Fantastic Beasts and Where to Find Them. Try the new drawing guide on how to draw one yourself. Click on the link and explore. Click Here</p>
Time to Unwind!	<p>Focus on the beautiful sounds of nature and participate in this guided meditation taking you through a relaxing experience, allowing you to fully calm your mind and body. Take this time to lay down, sit on your couch, get comfortable and ground yourself while listening to the rain! We all should end our day stress free and ready for the next day! Click Here</p>