

Boys & Girls Clubs of Carson

Virtual Program – Monday April 6th

Priority Outcome	Activity Info/Staff	Activity Link
Healthy Habits	Meditation (Adam) <ul style="list-style-type: none"> ● It's Friday! Let's begin the day with a Body scan meditation. It's a great way to bring mindfulness to the body. When you explore the moment to moment existence within your body it helps you learn what your body does and doesn't need in order to thrive. ● For all videos, feel free to skip ads by clicking on the skip ads button on the bottom right side of your screen. Reflection: <ul style="list-style-type: none"> ● How did you feel before meditation began? ● How do you feel after your meditation video? 	click here
Healthy Habits	Health (Adam) <ul style="list-style-type: none"> ● Just like Physical Health, we all have Mental Health. Let's learn more about our thinking, feelings, emotions and moods. Reflection: <ul style="list-style-type: none"> ● Did you know the meaning of mental health before watching this video? ● After watching this video, what are three takeaways you can practice in your day to day routine? 	click here
Academic Success	Leadership (Will) <ul style="list-style-type: none"> ● "Why comfort will ruin your life" This video has an amazing job illustrating how science is incorporated in our comfort zone. 	click here
	Lunch	
Academic Success	Art (Alyssa) Create your own vision boards on google's slides. Click the link to follow our step by step instructions.	click here

	Have Fun!	
Academic Success	<p>Power Hour (Mia)</p> <ul style="list-style-type: none"> ● If you have no homework assigned to you during this time, please utilize this hour to browse through these different fun journal prompts and choose one that calls out to you the most. Answer the prompt in 1 to 2 paragraphs. ● Feel free to share with a family member or friend and include them into the activity! This activity is great for getting your mind to think, and developing great writing skills! 	click here
Academic Success	<p>Education (Raquel)</p> <ul style="list-style-type: none"> ● Take a deep breath, relax your fingers and take it slow. You need to be focused and not annoyed when attempting the typing speed test. The best thing you can do to start typing faster is to type more. The more practice you will get under your belt, the faster your typing-fu will be 	click here
Healthy Habits	<p>Sports (Josue)</p> <ul style="list-style-type: none"> - Dance/fitness video 	click here
Character	<p>Life Skills (Mario)</p> <ul style="list-style-type: none"> ● Disaster Master: Members will learn how to properly prepare for natural disasters such as, wildfires, hurricanes, tornados, winter storms, Earthquakes and more. 	click here
Healthy Habits	<p>Meditation (Cynthia)</p> <ul style="list-style-type: none"> ● Meditation - to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. ● Although this may not be the common way to meditate it is relaxing and important you organize your surroundings. ● Take this time to clean and organize your room. Here is a video to show you how to do it effectively. 	click here