

**Boys & Girls Clubs of Carson  
Middle School Virtual Program  
Thursday, April 16**

<b>Activity Info/Staff</b>	<b>Activity Link</b>
<b>Welcome!</b>	Daily Introduction from BGCC staff  <a href="#">Click Here</a>
<b>Greet the Day!</b>	Some of us may question the importance of practicing mindfulness, or we just aren't aware of what it truly is and means. Learn all about the secrets of mindfulness meditation in this fun animated video. <a href="#">Click Here</a>
<b>Healthy Habits!</b>	The person we may find it hardest to be kind and sympathetic to is, surprisingly, ourselves. Yet being a friend to ourselves provides the only viable basis for living an emotionally fulfilled life. <a href="#">Click Here</a>  Reflection: What are three new things you learned in this video? Challenge: I challenge you to practice those new tools you learned in this video.
<b>Let's learn some life skills!</b>	What is bullet journaling? How can this be beneficial to our life, especially during this Safe at Home order. Let's take a closer look. Click on the link below. <a href="#">Click Here</a>
<b>Lunch</b>	Make sure to wash your hands for 20 seconds!
<b>Let's start Power hour!</b>	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: "Create a brand new holiday with its own traditions, rituals, food, and activities. What would it be named and when will it be? "

<b>Leadership Smart Moves</b>	<p>This video does an amazing job explaining the struggles people go through in order to achieve their goals</p> <p><a href="#">Click Here</a></p>
<b>Get on the Move!</b>	<p>Want to try a new sport? Why not work on your tennis skills? All you need for these tennis drills are a racket, paper book, tape, and a tennis ball. If there was ever a time to use a book for other than reading, here is your opportunity. You don't have to be a pro, and you don't need a lot of space either. A few feet of space should do just fine. Even if you're not a huge fan of tennis, the footwork can translate to multiple other sports.</p> <p><a href="#">Click Here</a></p>
<b>Academic Success Get Ready!</b>	<p>In this video, shot by Jack Brandtman of Chicago Aussie, Julian Baumgartner of Baumgartner Fine Art Restoration in Chicago works to restore a portrait by Emma Gaggiotti.</p> <p><a href="#">Click Here</a></p>
<b>The Arts Get Crafty!</b>	<p>The National Portrait Gallery in Washington DC, is a museum that takes the experience of portraits outside of the frame. If you follow the link below, you can take a lesson from artist Jill Galloway as she takes you step by step through an Open Studio lesson in blind contouring.</p> <p><a href="#">Click Here</a></p>
<b>Time to Unwind!</b>	<p>Meditation is a practice that can benefit your health and wellness in many ways. We can often find meditating a challenge when we aren't able to focus. Find a time before bed to really try to perfect your meditation skills and use this guide to help you relax and sleep at night. Remember to be patient with yourself!</p> <p><a href="#">Click Here</a></p>

