

**Boys & Girls Clubs of Carson  
Middle School Virtual Program  
Tuesday, April 14**

<b>Welcome!</b>	Daily Introduction from BGCC staff  <a href="#">Click Here</a>
<b>Greet the Day!</b>	Start the day off right with some meditation. With everything going on in the world today, anxiety is increasing daily. Taking some time to breathe, relax, de-stress, meditate & release the built up anxiety can lead to better productivity. No need to do anything crazy. Simply close your eyes and follow along.  <a href="#">Click Here</a>
<b>Healthy Habits!</b>	Understanding stress is an important part of learning how to manage your stress. Learn about the types of stress and the effects stress has on your mind and body.  <a href="#">Click Here</a>  Reflection: What are three new tools you learned from this video? Challenge: I challenge you to practice these new tools when you experience stress.
<b>Let's learn some life skills!</b>	Let's learn some money saving tips for young teens! <a href="#">Click Here</a>
<b>Lunch</b>	
<b>Let's start Power hour!</b>	Focus on homework/classwork 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.: "How do you think we can stop or control the current Covid-19 pandemic?"

<p><b>Leadership</b></p> <p><b>Smart Moves</b></p>	<p>2 questions to uncover your passion and turn it into a career. This video shares amazing tips on how to turn our passion into our profession.</p> <p><a href="#">Click Here</a></p>
<p><b>Get on the Move!</b></p>	<p>Today’s sport workout drills will focus on Football. Here are 5 Football workouts you can do right in your living room. Stay in game mode, and keep your cardio up.</p> <p><a href="#">Click Here</a></p>
<p><b>Academic Success</b></p> <p><b>Get Ready!</b></p>	<p>“In central China, a vast underground mausoleum conceals a life-size terracotta army of cavalry, infantry, horses, chariots, weapons, administrators, acrobats, and musicians, all built to serve China's first emperor, Qin Shi Huang Di, in the afterlife. Lost and forgotten for over 2,200 years, this clay army, 8,000-strong, stands poised to help the First Emperor rule again beyond the grave. Now, a new archaeological campaign is probing the thousands of figures entombed in the mausoleum. With exclusive access to pioneering research, "Emperor's Ghost Army" explores how the Emperor directed the manufacture of the tens of thousands of bronze weapons carried by the clay soldiers.” Nova</p> <p><a href="#">Click Here</a></p>
<p><b>The Arts</b></p> <p><b>Get Crafty!</b></p>	<p>Let’s learn how to make some watercolor paint. These can be used to create several different art projects in the future. Get creative and use your own imagination to take the watercolors to the next level.</p> <p><a href="#">Click Here</a></p>
<p><b>Time to Unwind!</b></p>	<p>Take the time before bed to unwind with this guided sleep meditation. We all have those nights where we’re tossing and turning and just can’t get a good sleep in. This guided sleep meditation can help you relax and get the sleep you need. Feel free to leave this on while your asleep or just watch enough of this amazing meditation until you feel relaxed, calm and ready to call it a night!</p> <p><a href="#">Click Here</a></p>