

**Boys & Girls Clubs of Carson
Middle School Virtual Program
Wednesday, April 15**

Activity Info/Staff	Activity Link
Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day!	Learn from other youth experiences with practicing mindfulness, how it benefits different aspects of their lives, and how it can benefit yours. It is important for all of us to practice mindfulness, it's a tool and skill to be used for the rest of our lives! This is an inspiring motivational video from youth who can relate to you. Click Here
Healthy Habits!	Alfred is in love. He is also angry, shameful, scared, sad and lonely. His good friend Joy supports him in his constant fight against Shadow. Join the fight! And maybe you will discover something new about your own emotions along the way. Click Here Reflection: What are three new things you learned about emotions?
Let's learn some life skills!	Take ownership of your life! Take these steps and focus on how we can improve our lives. Click Here
Lunch	
Let's start Power hour!	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: "What is going to be the first thing you go out and do after our current lock down is over? And why? "

Leadership Smart Moves	Leadership is a quality that is often spoken about only during one's college days or professional lives. But leadership is a quality that one should start to develop as early as their teenage years. In this activity, you will watch a short video of a Teen Life Coach explaining top leadership qualities and skills. Click here
Get on the Move!	Today's sport is baseball. Whether you are just starting to play, never played before, or have played for multiple years, here are a few baseball drills you can do right at home. Work on improving your swinging form, by using nothing more than a towel and/or a baseball. Also, work on improving your fielding skills to get better on defense. Make sure to follow along, and play close attention. Most importantly, have some fun! Click Here
Academic Success Get Ready!	If you're a lover of Cup of Noodles, watch the link below to see how Noodles are made, packaged and sold! Click Here
The Arts Get Crafty!	Let's take a virtual tour of The Smithsonian National Museum of Natural History. Click on the link below and explore a different form of Art, the art of history. Click Here
Time to Unwind!	Our current living conditions are not the best at this time, nevertheless we cannot afford to lose focus and concentration in these difficult times. It's always good to take a moment to check in with our bodies, therefore I recommend you to practice a mediation to end your busy day successfully. Click Here