

**Boys & Girls Clubs of Carson
Middle School Virtual Program
Wednesday, April 22**

Welcome!	Daily Introduction from BGCC staff Click Here
Greet the Day! Mindfulness	Learn what being in the present moment really means. We live in an age of distraction and always wondering what's next. Take this couple of minutes to sit down, learn about mindfulness and just focus on your breath. Focus on what's happening right now in this moment. Every morning, try to take at least 10 minutes out of your day to just sit and focus on your breath and not worry about what you have to do for the day! Click Here
Health & Motivation	These 9 simple steps will help you maintain proper health during cold and flu seasons, as well as any other time of the year Reflection: What are the 9 simple steps to maintain health during cold and flu seasons. Click Here
Life Skills	Sewing a T-Shirt is easier than what you might think. Let's Find out! Click Here
Lunch	Remember to wash your hands for 20 seconds!
Power Hour!	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: "What would be the perfect vacation? Where? Who? & Why?"

<p>Smart Moves Leadership</p>	<p>This awesome video does an extraordinary job in educating people to finding purpose in this new decade.</p> <p>Click Here</p>
<p>Get you Move on! Sports</p>	<p>If you're an athlete, you know the importance of having great speed and agility. Here are a couple of drills that can help improve both your speed and agility, all you need are a couple cones, or set markers.</p> <p>Click Here</p>
<p>Get Ready! Education</p>	<p>"Anything that is worth pursuing is going to require us to suffer, just a little bit," says surf photographer Chris Burkard, as he explains his obsession with the coldest, choppiest, most isolated beaches on earth. With jaw dropping photos and stories of places few humans have ever seen — much less surfed — he draws us into his "personal crusade against the mundane."</p> <p>Click Here</p>
<p>Get Crafty! Art</p>	<p>Let's get creative and create a piece of art as a thank you note to your mail carrier or decorate a mask for a nurse. These can be creative ways to say thank you to our community heroes.</p> <p>Click Here</p>
<p>Time to Unwind! Give yourself a break after a busy day</p>	<p>Enjoy this sleep meditation story: MYSTIC MOUNTAIN In this story, you will find yourself on the mystical mountain, led by a friendly guide. Listen carefully to beautiful people, their beautiful songs and most importantly to your heart. Take this time to relax and expand your imagination, and fall asleep!</p> <p>Click Here</p>