

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

TUESDAY, MAY 12, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>CLICK HERE</u>
Healthy Habits	Greet the day!	Be The Pond: Cosmic Kids Zen Den- Mindfulness for Kids Start the day with mindfulness and learn how we separate from our feelings. They come and go - and we can observe them - without getting swept up. We are the pond, be the pond. <u>CLICK HERE</u>
Healthy Habits	Get on the Move! Take a walk, play, or dance!	Full Body Kids Workout: Daily Physical Activity For Children At Home. This fun video workout is a follow-along exercise routine that kids can do easily at home. Make sure to hydrate! <u>CLICK HERE</u>

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

TUESDAY, MAY 12, 2020

Healthy Habits	Get on the Move!	Bonus Video: Let's have Fitness Friday on Monday- Follow BGCC's own Mr. Wilfred as he guides through an awesome fitness workout that you can do at home! <u>CLICK HERE</u>
Academic Success	Get Crafty! Arts	Didlier Triglia Head Cans: 2D 3D recycled art You will need: soda cans, acrylic paint, card stock/poster board/or cardboard, paint pens/puff paint. Click the link for more details <u>CLICK HERE</u>
Lunch	Enjoy!	Did you wash your hands?
Character and Citizenship	Smart Moves!	Rick Hickman Believes All Kids Can Do Their Part To Recycle. Learn why recycling is so important to Ryan Hickman and how you can do your part to help the environment, too! <u>CLICK HERE</u>

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

TUESDAY, MAY 12, 2020

Academic Success	Get Ready! Let's go on a virtual field trip	Take a virtual field trip to a chocolate factory and see how chocolate is made! <u>CLICK HERE</u>
Academic Success	Power Hour	Make sure to work on any homework assignments your teachers gave you and then you can race against the clock! Play this neat game were you look at pictures and try to spell out the word before time runs out. <u>CLICK HERE</u>
Academic Success	STEM DIY Science	Grow A Rainbow Watch color travel through this DIY water experiment. Click the ink for more details. Materials: Washable markers, Paper towels, Two small cups, and Water <u>CLICK HERE</u>

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

TUESDAY, MAY 12, 2020

Healthy Habits	Life Skills	Happy Tooth, Sad Tooth Collage This project is a great chance to review what we can do to take care of our teeth and things we should be avoiding. You will need: white construction paper, magazines with food pictures, scissors, glue, and markers <u>CLICK HERE</u>
Healthy Habits	Time to Unwind! Give yourself a break after a busy day	Time to Relax. After a busy day, watch this bedtime story for children with sleepy animals, nighty night circus winter. <u>CLICK HERE</u>