

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

TUESDAY, MAY 19, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>CLICK HERE</u>
Healthy Habits	Greet the day!	Shake Your Sillies Out Start the day with this fun Shake Your Sillies Out song, a popular, action song for kids! <u>CLICK HERE</u>
Healthy Habits	Get on the Move! Take a walk, play, or dance!	Rainbow Yoga The perfect 17-minute practice to brighten your day, to help turn darkness into light. Enjoy! <u>CLICK HERE</u>
Academic Success	Get Crafty! Arts	DIY Stress Ball Let's release some stress by making your own stress ball! Check out the link for more details. Enjoy! Materials: Funnel, Empty water bottle, Flour, Balloon, Sharpie (optional) <u>CLICK HERE</u>

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Lunch	Enjoy!	Did you wash your hands?
Character and Citizenship	Smart Moves!	Appreciation For this activity you will be thanking someone who has done something for you. You can show appreciation by saying thank you, making them a card or even giving them a hug! Let them know that you appreciate them. After thanking them, take some time to be with them. <u>CLICK HERE</u>
Academic Success	Get Ready! Let's go on a virtual field trip	Take a virtual field trip of Peru: Machu Picchu with Travel Kids in South America! <u>CLICK HERE</u>
Academic Success	Power Hour	Make sure to work on any homework assignments your teachers gave you and then you can play this game by answering math questions as quickly as possible to throw shuriken at targets and score points. <u>CLICK HERE</u>

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Academic Success	STEM Cardboard Tube Construction	Build your own structure with tubes! You can try to build a tower or build wonky structures. Be creative and have fun! Materials: Paper towel and toilet paper tubes, Scissors, Paint and brushes <u>CLICK HERE</u>
Healthy Habits	Life Skills	Nutrition Time- Learn more about food nutrients and what category of food they fall under by playing the game Sortify: Nutrition. <u>CLICK HERE</u>
Healthy Habits	Time to Unwind! Give yourself a break after a busy day	Let's Get on the Move! For this activity, let's end the day with a good workout at home. Grab or cut 10 small pieces of paper. On each of the small pieces of paper, you will write 10 different exercises, crumble the paper into a small ball and place them in a bowl or hat and pick 3 different exercises to do. Some examples of your exercise can be 20 Jumping Jacks, 10 Sit-ups, etc. You can always use or create new exercises and add them to your bowl or hat. Have fun and remember to drink lots of water, eat a healthy snack after, and relax!