

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

MONDAY, MAY 25, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>CLICK HERE</u>
Healthy Habits	Greet the day!	The Meaning of Memorial Day Check out this video after and share a moment of silence. <u>CLICK HERE</u>
Healthy Habits	Get on the Move! Take a walk, play, or dance!	Get on the move with quick Tabata workout with Sonora Elementary! <u>CLICK HERE</u> Stick to it and make sure to drink water after!

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Lunch	Enjoy!	Did you wash your hands?
Character and Citizenship	Smart Moves!	Memorial Day Facts for Kids Check out this video on info about what Memorial Day really is. Today we honor those who sacrificed their lives for our freedom in the armed forces. <u>CLICK HERE</u>
Academic Success	Get Ready! Let's go on a virtual field trip	Take a virtual field trip of a fire station! Learn about the parts of the fire truck, tour the station house, learn the importance of a fire drill and exit signs and demonstrate how to "Stop, Drop, and Roll." <u>CLICK HERE</u>

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Academic Success	Power Hour	Make sure to work on any homework assignments your teachers gave you and then you can race against the clock to look at the picture and try to spell out the word before time runs out. <u>CLICK HERE</u>
Academic Success	STEM	Egg Carton Building Blocks Make building blocks with a few simple items. Have an adult help you cut each pocket of an egg carton. Paint the egg cartons different colors or in whatever colors you'd like. After the paint dries, experiment with different ways to stack the "blocks." Try to make an arch without any other support. Get creative and build! Materials: Egg carton, Scissors, Paint and paint brushes <u>CLICK HERE</u>

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Healthy Habits	Life Skills	Self-Care for Kids: Learn about age-appropriate self-care and mental health tips! Click the link for more details and tips! <u>CLICK HERE</u>
Healthy Habits	Time to Unwind! Give yourself a break after a busy day	Envision your best self This is a great way to motivate yourself to work toward a goal. After a busy day, write down where you would like to see yourself in a week, a month, or a year, with this specific goal in mind. You'll need a pencil or pen and paper