

GREAT FUTURES START HERE.



**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

TUESDAY, MAY 5, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Happy Cinco de Mayo! <u>CLICK HERE</u>
Healthy Habits	Greet the day!	Morning Affirmations for Confidence, Focus and Success! Greet the new day by feeling on top of the world! Check out this morning meditation for kids positive energy. <u>CLICK HERE</u>
Healthy Habits	Get on the Move!	Make your own exercise routine! Kids can make up their own exercise routine! Write down or draw 5-10 exercises or stretches. You can lead the routine doing the exercise 10 times each and teach everyone like an exercise class, or you can do it together. You can even record your routine and do it again another time. Have fun and hydrate!

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Academic Success	Get Crafty!	Mini Lid Banjos Materials: Lid from jars, String, Glue, Popsicle Stick (large), Markers Take a string and loop it around the middle of jar lid a few times to make strings. Glue them down and glue the popsicle stick on top of the strings. Decorate the popsicle stick however you'd like and have fun with your mini banjo! <u>CLICK HERE</u>
Character and Citizenship	Smart Moves!	Learn about Cinco de Mayo in this learning video for kids! See what Cinco de Mayo (May 5th) celebrates and why it is such a special holiday! <u>CLICK HERE</u> What were some things you learned?
Academic Success	Get Ready!	Check out this Travel and Discover video of Puebla City Guide in Mexico. <u>CLICK HERE</u>

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Academic Success	Power Hour	<p>Make sure to work on any homework assignments your teachers gave you and then you can play Math Baseball!</p> <p>CLICK HERE</p> <p>Description: Solve math problems to hit the ball and score runs. Based on the difficulty of problems, a hit could be a single, double, triple, or home run. Get problems wrong and strike out! The game is over after 3 outs.</p>
Academic Success	STEM	<p>The Egg Drop Challenge!</p> <p>Check out the link and video for this egg drop challenge science experiment on inertia. You will need: 1 plastic cup of water with a mouth wide enough to fit an egg, 1 10"inch (25cm) piece of cardboard or a small tray with a SMOOTH bottom, 1 cardboard tube (paper towel or toilet paper tube works), 1 egg</p> <p>CLICK HERE</p> <p>CLICK HERE</p>

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Healthy Habits	Life Skills	Empathy is the ability to understand and share feelings of someone else. Check out this social skill lesson on empathy created by students! <u>CLICK HERE</u>
Healthy Habits	Time to Unwind!	Finish the day with some time to yourself and check out The Listening Game from Cosmic Kids Zen Den-Mindfulness for kids. Enjoy! <u>CLICK HERE</u>