

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL**

**MONDAY, JUNE 1, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">CLICK HERE</a>
<b>Healthy Habits</b>	Health & Wellness	Quest Game! Grab a partner and see who will win this quest game, or you can try on your own! If you finish the task first you will earn a point. Have fun and stay hydrated! Tasks: 1. 40 jumping jacks 2. Stand on one foot the longest 3. Bear Crawl to the living room first 4. Skip to the kitchen first 5. Jump to the front door first
<b>Academic Success</b>	Get Crafty! Arts	Popsicle Stick Frame Create a unique frame for yourself or someone you love! Have an adult help you with the glue gun. Materials: Large popsicle sticks, Construction paper, Hot glue gun and glue sticks, Decorations like buttons or rhinestones (optional), Hinge Clips, Markers or paint, Scissors <a href="#">CLICK HERE</a>

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL**

**MONDAY, JUNE 1, 2020**

<b>Healthy Habits</b>	Sports & Recreation	Let's dance! Check out this fun hip hop workout with Roger G! <a href="#"><u>CLICK HERE</u></a> Drink water!
<b>Academic Success</b>	DIY Science	Let's make Slime with BGCC's own Ms. Mia. Watch as she makes fluffy slime with three ingredients from your home. <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	Leadership	Managing Worry and Anxiety This video explains what it means to worry and provides several relaxation strategies for managing worried feelings, such as deep breathing and thinking positive thoughts. It also encourages kids to reach out to trusted adults or friends to help the "What ifs?" go away. <a href="#"><u>CLICK HERE</u></a>