

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**MONDAY, MAY 18, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
Greet the Day!	30min Hip-Hop Fit Dance Workout + Glute & Core exercises	Let's Get Active and stay motivated. REMEMBER you don't have to be perfect, just give it your all and have fun.  <a href="#">Click Here</a>
Arts	Alphabet Photography Challenge	Art is everywhere! Sometimes taking a close look and spending time exploring our homes with a fresh look can help us see art in places we hadn't noticed. In today's challenge you will take photos of everyday objects that make the shape of letters.  <a href="#">Click Here</a>

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**BOYS & GIRLS CLUBS**  
OF CARSON

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Leadership	How To Be A Leader	Check out this motivational speech By Simon Sinek.  <a href="#"><u>Click Here</u></a>
Lunch	ENJOY!!	Remember to wash your hands for 20 seconds!
College and Career	Phone Interview Tips	Check out this video on how to prepare for a phone interview for a job or internship.  <a href="#"><u>Click Here</u></a>

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Power Hour	Algebra	<p>Need Help with Algebra? Check out this free math tutoring website geared to support your questions. Type a question into the math simplifier to get help now.</p> <p><a href="#"><u>Click Here</u></a></p>
STEM	Virtual Tour	<p>Check out the German Oceanographic Museum in Germany to learn about different sea creatures and species.</p> <p><a href="#"><u>Click Here</u></a></p>

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Education	The National Parks: America's Best Idea	Filmed over the course of more than six years at some of nature's most spectacular locales, the film is a story of people from every background: rich and poor, soldiers and scientists, natives and newcomers who were willing to devote themselves to saving some precious portion of the land they loved and in doing so reminded their fellow citizens of the full meaning of democracy. <a href="#">Click Here</a>
Sports and Fitness	Boxing Workout You Can Do At Home	Check out this boxing workout that will help you on your road to healthy living, weight loss, and stress relief. <a href="#">Click Here</a>
Time to Unwind!	Give yourself a break after a busy day	Check out this video on Fun Games to Play on Zoom with family and friends! Enjoy! <a href="#">Click Here</a>