

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: HIGH SCHOOL

TUESDAY, MAY 5, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Greet the Day! Health and Wellness	30min Hip-Hop Fit Dance Workout	During this time in the world where we need to stay home, you can still keep active, stay encouraged and uplifted. Click Here
STEM	Living with Less Water Global Oneness Project	Come explore the effects of environmental change and consider the ways those changes impact community. Click Here

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The Arts	Maya Angelou	Come explore the role of poetry in American politics. Click Here
Lunch	Enjoy!	Remember to wash your hands for 20 seconds!
Education	Strategy Mapping	Watch this video of students participate in an exercise meant to demonstrate the importance of proper perspective when engaging in the design thinking process . Click Here

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Education	Power Hour	Do your best to use this time to work on the homework packets provided by your teachers. Here is a link to Khan Academy to receive tutoring support. Click Here
College and Career	Starbucks Offers Workers Free College Tuition	Find out why Starbucks is offering college tuition to its workers with this video and educational resources. Click Here
Health and Wellness	Nutritional Tips	Check out this video from Adam Rosante who brings you weekly tips focusing on nutrition and the top things you can do to take care of yourself. Click Here

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BOYS & GIRLS CLUBS
OF CARSON

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Education	Virtual Tour	Come take a virtual tour to the Sahara Desert. Click Here
Time to Unwind!	Give yourself a break after a busy day!	Try not to laugh challenge Here are the rules of this laugh challenge: Start with 10 points. When you laugh at video clip you lose 1 point! So how many points do you have at the end? I hope 0! Click Here