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BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL
MONDAY, MAY 11, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Greet the Day!	Mindfulness	Start your day with some meditation and see how your day becomes stress- free. Click Here
Health & Motivation	Mentally Healthy	How do we change? In this pioneering talk, Dr. Shauna Shapiro draws on modern neuroscience and ancient wisdom to demonstrate how mindfulness can help us make positive changes in our brains and our lives. Reflection: What are three things you learned in this video? Click Here

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Life Skills	Social Distance	There you go, 15 life hacks that will make your life easier! <u>Click Here</u>
Lunch		Did you wash your hands?
Power Hour!	Power Hour	Please take this time to work on any school work you may have. If you are all caught up with school work let's get creative and do a drawing prompt." combine two holidays to make a new one"
Smart Moves	Leadership	Learn about our world leaders in this fun word-search! Challenge yourself to find all of these world leaders' names in as little amount of time possible for you! Not familiar with certain names? Take the time after this word search to google about the leaders you'd like to know about the most! Who's your favorite? <u>Click Here</u>

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Get you Move on!	Sports	<p>Here is a video that breaks down acceleration. This video will focus on techniques, and drills you can do that will improve your acceleration. Play close attention to detail. Acceleration is not always based on how fast a person is, but more so on the bio-mechanics that people use while running.</p> <p>Click Here</p>
Healthy Habits	Get on the Move!	<p>Bonus Video: Let's have Fitness Friday on Monday- Follow BGCC's own Ms. Lily as she guides through a awesome fitness workout that you can do at home!</p> <p>Click Here</p>
Get Ready!	College Tour	<p>The beauty of Howard University virtual tours on CampusReel is that authentic video tours, made by real students, can be spectacular at capturing the Howard University vibe. We also go well beyond the confines of the Howard University campus by taking you around Washington.</p> <p>Click Here</p>

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Get Crafty!	Art	<p>Let's watch this video with Marvelous Marissa as she teaches us how to make a watercolor painting with an unusual object. You can make your own watercolor painting using twigs and leaves.</p> <p>Click Here</p>
Time to Unwind!	Give yourself a break after a busy day	<p>"How you love yourself is how you teach others to love you." – Rupi Kaur. To be the best person you can be, to help and support those loved ones surrounding you, you need to first love and care for yourself. The idea of self-care doesn't always mean going out to the spa to get pampered. It can also mean trusting your heart and your intuition to guide you in the right direction in life. Enjoy this self-love meditation to remind you of all of that!</p> <p>Click Here</p>