

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

TUESDAY, MAY 12, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Greet the Day!	Mindfulness	Let's start the day off right by watching this 20 minute guided meditation. If possible, listen to the video with headphones. This will allow for a better experience during the meditation. Remember, keep a clear mind and breathe thoroughly. Let your body relax. Click Here
Health & Motivation	Mentally Healthy	In this video, we're going to learn how to motivate ourselves using the cookie jar method. Click Here Reflection: What are three things you learned from this video?

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Life Skills	Exploration	Explore your strengths with this feel good scavenger hunt. Click Here
Lunch		Did you wash your hands?
Power Hour!	Reading	Take this time to work on any school assignments you may have. If you are all caught up with school assignments go ahead and listen to the "Hunger Games " audiobook. Remember to keep track since this will be this week's read. Click Here
Smart Moves	Leadership	This video demonstrates how to become a leader in a fun and entertaining way. Hope you enjoy it!! Click Here

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Get your Move on!	Sports	<p>Today we will work on pitching drills you can do right at home. These drills can definitely help elevate your baseball skills and knowledge. Even if you might not be a huge baseball fan, you can translate the skills practiced and learned into your preferred sport.</p> <p>Click Here</p>
Get Ready!	College Tour	<p>Journeying to LMU is easier than ever with our interactive virtual campus tour! Each stop on the virtual tour includes 360-degree shots of campus (use your mouse to explore!) and many also include additional still images in a gallery that can be accessed on the left sidebar. You can choose to listen to audio at each of the 14 stops, spoken by one of our amazing Lions, or read a description; either way, you can move through campus at your own pace! You can also experience the whole tour in virtual reality (VR) mode!</p> <p>Click Here</p>

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Healthy Habits	Get on the Move!	Bonus Video: Let's have Fitness Friday on Monday- Follow BGCC's own Mr. Wilfred as he guides through an awesome fitness workout that you can do at home! Click Here
Get Crafty!	Art	Take some time to make a face-mask. This can be essential for going outside, if needed. Look at this tutorial on how to make a no-sew face mask during this coronavirus outbreak. Click Here
Time to Unwind!	Give yourself a break after a busy day	Take this time before bed to listen to this relaxing meditation music until you fall asleep. In this moment, think about one thing that brings you peace, How does it make you feel? We all deserve to be at peace and relaxed Click Here