

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, MAY 14, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>Click Here</u>
Greet the Day!	Mindfulness	Enjoy this 10 minute calming mindfulness meditation to help you powerfully restore and reconnect with the present moment. <u>Click Here</u>
Health & Motivation	Mentally Healthy	If you're a big procrastinator this video will help provide you with 7 proven concepts to help you become more motivated. Reflection: What are three things you learned in this video? <u>Click Here</u>

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Life Skills	Self	Fuel your dreams by completing this money management worksheet. <u>Click Here</u>
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. <u>Click Here</u>

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Smart Moves	Leadership	How to become a leader by Simon Sinek Click Here
Get your Move on!	Sports	Love soccer, but are having trouble practicing your skills or going outside and playing? Watch this training tutorial that will help you train like a professional soccer player. Let's see if you can keep up! Click Here
Get Ready!	College	Use Harvard's Virtual Tour to discover spaces that aren't even available on an in-person campus tour, such as classrooms, laboratories, residence halls, and more. Even better, it's available 24 hours a day, seven days a week, and never reaches capacity Click Here

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Get Crafty!	Art	<p>Let's get artsy and work on making slime at home. Watch and follow along in this video that will show you how to make slime. Don't worry if you never made it before, this video is for all levels! Just make sure to follow every step, or else your slime might not come out as good.</p> <p><u>Click Here</u></p>
Time to Unwind!	Give yourself a break after a busy day	<p>Two of our favorite things in one video! Relaxing music and Disney! Enjoy this calming meditation piano music inspired by the best Disney movies! Listen to these beautiful sounds before bed, or while doing your work!</p> <p><u>Click Here</u></p>