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BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

FRIDAY, MAY 15, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Greet the Day!	Mindfulness	This video could be a great tool to start your morning successfully. Click Here
Health & Motivation	Mentally Healthy	If you want to stop being tired all the time, you need to hear this right now: you won't stop being tired unless you learn to fall asleep on a regular schedule and eliminate distractions when you're going to sleep. Reflection: What are three things you learned from this video? Click Here

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Life Skills	Life Skills	Is being at home getting the best of you? Try working on the following 13 life skills from the comfort of your home. 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	The job of a leader is to get things done by leading others to success. Tune into this video to learn 5 different leadership style types that will later help you to lead your team in the future, or anyone around you! Click Here

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<p>Get you Move on!</p>	<p>Sports</p>	<p>Did you know that socks can be more useful than just covering your feet? Well if you're a baseball fanatic, get ready to roll up your socks and practice your swing mechanics. You don't even need a bat for this tutorial. Focus on your movement, not your power. This will result in a better baseball swing!</p> <p>Click Here</p>
<p>Get Ready!</p>	<p>College</p>	<p>The beauty of California State University-Long Beach virtual tours on Campus Reel is that authentic video tours, made by real students, can be spectacular at capturing the California State University-Long Beach vibe. We also go well beyond the confines of the California State University-Long Beach campus by taking you around Long Beach. In traditional virtual tours, you will mostly see still, unengaging images and will not see the surrounding area at all – which is why Campus Reel virtual tours are so important.</p> <p>Click Here</p>

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Get Crafty!	Art	<p>You might know how to tie a tie, but do you know how to tie a tie with multiple tie knot formations. Here's a cool little fun activity you can follow along to. Watch this video that will teach you how to tie a tie in 8 different ways! Who knows? You might have a new favorite style.</p> <p><u>Click Here</u></p>
Time to Unwind!	Give yourself a break after a busy day	<p>Take a moment out of your day to relieve your stress through this guided meditation. Practicing meditation can help you better yourself in many ways. It's time you put yourself first and practice how to be at peace and stress free!</p> <p><u>Click Here</u></p>