

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, MAY 18, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Greet the Day!	Mindfulness	We are separate from our feelings. They come and go, and we can observe them without getting swept up by them. There's a really clever way of remembering this. Our mind is like a pond full of fish. The fish are our feelings. If we remember to Be The Pond, we'll let those feelings just swim by. Enjoy this fun short video teaching you all about mindfulness! Click Here
Health & Motivation	Mentally Healthy	Today, you'll learn some bad habits that will destroy your success - these are habits you should stop. You need to stop these because success habits cannot be learned or attained without getting rid of the bad habits. Reflection: What are 3 things you learned in this video? Click Here

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, MAY 18, 2020

Life Skills	Life Skills	From mood swings to risk taking. Let's understand why we behave the way we do. Click Here
Lunch		Did you wash your hands?
Power Hour!	Art	At Bomomo, children can experiment to their heart's content. There's a range of interesting tools, and the best way to discover what they can do is to simply try them. Click one of the icons at the bottom of the screen, then move and click your mouse to make a cool abstract composition. If you can't save the creation, try taking a screen shot of it. Click Here

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, MAY 18, 2020

Smart Moves	Leadership	<p>The 7 habits of highly effective people. I hope you guys enjoy it!!</p> <p><u>Click Here</u></p>
Get you Move on!	Sports	<p>Let's get up and get active. Take some time to set up some cones or some set markers to work on your footwork, agility and acceleration. These drills apply to any sport and can help you become a better overall athlete. Focus on technique, and get your form down first before you begin to speed up the drill.</p> <p><u>Click Here</u></p>

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, MAY 18, 2020

Get Ready!	Language	<p>Today we will learn French! Watch the video below to learn the top 25 must know French phrases.</p> <p>Click Here</p>
Get Crafty!	Art	<p>Feeling stressed? Feeling anxious? Feel like releasing tension? Let's watch this video that will teach you how to make a stress ball with simple resources laying around the house. You can even get creative and draw designs on your stress ball.</p> <p>Click Here</p>
Time to Unwind!	Give yourself a break after a busy day	<p>Before bed take this moment to close your eyes, and release all of the negative thoughts you have been holding on to. It's time to practice some self love!</p> <p>Click Here</p>