

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, MAY 20, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Greet the Day!</b>	Mindfulness	Come on a short journey to experience self-awareness and understand how powerful the practice of meditation can be to live a healthy/happy life.  <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Mentally Healthy	If you want to know how to be happy or the secret to happiness - well, it's quite complicated. You see, many people search for a single answer to this question because they want habits that will change your life. But to live your best life, you really need to do one thing... <a href="#">Click Here</a>  Reflection: What is one thing you learned in this video?

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, MAY 20, 2020**

<b>Life Skills</b>	Problem Solving	This is the perfect time to learn new life skills and hacks while at home. Check out this video for life skills that you can practice at home today! <a href="#"><u>Click Here</u></a>
<b>Lunch</b>		Did you wash your hands?
<b>Power Hour!</b>	Art	Princeton University has launched an interactive virtual tour that allows visitors from around the world to explore the campus remotely. The tour is available in four languages (English, Korean, Mandarin and Spanish) and comprises 23 stops highlighting iconic buildings, academic centers, and student and recreational facilities. The virtual tour offers viewers an experience similar to visiting the University in person. Tour stops include full-frame photos of each location, 360-degree panoramas, and related photos and videos. <a href="#"><u>Click Here</u></a>

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, MAY 20, 2020**

<b>Smart Moves</b>	Leadership	Train your mind to stop and prevent yourselves from overthinking. Learning how to control the process of overthinking can help you become an even greater leader! Get your mind on your side!  <a href="#">Click Here</a>
<b>Get you Move on!</b>	Sports	Love to play tennis, but having a hard time playing due to Covid-19? Well, here's a slight solution! Watch this video that teaches you how to put a table together to play table tennis. All you need are simple materials laying around the house. Let's see how many rounds you can win against your friends and family!  <a href="#">Click Here</a>

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS  
OF CARSON**

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, MAY 20, 2020**

<b>Get Ready!</b>	Language	Time to learn something new! Today we will learn some Italian. Watch the video to learn 100 must know phases. <a href="#">Click Here</a>
<b>Get Crafty!</b>	Art	Let's crafty with bubble wrap and paint! Bubble wrap may be something that is just lying around your home and you have no use for it. Grab the bubble wrap and paint and let's give this art project a try. <a href="#">Click Here</a>
<b>Time to Unwind!</b>	Give yourself a break after a busy day	The time has come to relax our bodies after a long day. This 15 minutes meditation video can help us put our bodies at ease. It is good to take the time to acknowledge the things that could be wrong with our bodies. This video is great. I hope you enjoy it! <a href="#">Click Here</a>