

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**FRIDAY, MAY 22, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Greet the Day!</b>	Mindfulness	Morning stretches are a great routine to start our mornings. Hope you enjoy it.  <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Mentally Healthy	Today we learn about 7 easy conversation starters that always work. If you are an introvert or a 'beta male' and want the greatest conversation starters that will actually work and help you in your life, this video is for you!  <a href="#">Click Here</a> Reflection: What are three things you learned about conversation starters?

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<b>Life Skills</b>	Life Skills	As you approach the age to learn how to drive, it is important to remember to inspect your vehicle before you go behind the wheel.. Find out how to check the oil on your car. <a href="#">Click Here</a>
<b>Lunch</b>		Did you wash your hands?
<b>Power Hour!</b>	Reading	Take this time to work on any school assignments you may have. If you don't have any school work let's get comfortable and read/ hear a great book. You may have watched the movie but have you read the book? Click below and let's continue with "Wonder" <a href="#">Click Here</a>

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<b>Smart Moves</b>	Leadership	Do you have what it takes to be a leader? Tune into this fun animated video and learn about the top leadership traits you can use to become a leader. <a href="#">Click Here</a>
<b>Get you Move on!</b>	Sports	Join in with 24 Strong as they demonstrate a full HIIT bodyweight workout. Let's take a tour on the campus and explore what this University has to offer. <a href="#">Click Here</a>
<b>Get Ready!</b>	College	Have you ever heard of Barry University in Miami Florida? Let's take a tour on the campus and explore what this University has to offer. <a href="#">Click Here</a>

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<b>Get Crafty!</b>	Art	Create your own Hogwarts bookmarks. Follow this video and learn how. <a href="#"><u>Click Here</u></a>
<b>Time to Unwind!</b>	Give yourself a break after a busy day	This short guided 15 minute meditation for anxiety and stress is the perfect way to welcome peace, balance, and joy into your life especially during uncertain times like the current COVID19 pandemic. Through the simple act of reconnecting with your inner self, this easy guided meditation is perfect for anyone that is needing some positivity and calm during these uncertain times. It is time to let go of the negativity, stress, anxiety....whatever is holding you back in your life. Let this video take you on a meditative journey to cleanse and heal yourself from the inside out. So find a quiet space, put some headphones on, close your eyes, and enjoy. <a href="#"><u>Click Here</u></a>