

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**MONDAY, MAY 25, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Greet the Day!</b>	Mindfulness	Help clear your mind in these difficult times. When our minds get busy and we can't focus, taking a walk can help clear our head. Just remember to practice social distancing as you do. <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Mentally Healthy	Today, you'll explore how to control your emotions. Mastering your emotions is about maintaining self control and joy while you learn about developing strong emotional intelligence. Your mindset matters! It's all in the video. <a href="#">Click Here</a>  Reflection:  What are three things you learn from this video?

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<b>Life Skills</b>	Life Skills	While you are working from home, why not learn how to start your own garden. Check out these tips.  <a href="#"><u>Click Here</u></a>
<b>Lunch</b>		Did you wash your hands?
<b>Power Hour!</b>	College Tour	Make sure to take over any assignments you have from your teachers. If you have time let's take a college tour of the California State University—Bakersfield. Let's explore this campus.  <a href="#"><u>Click Here</u></a>

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<b>Smart Moves</b>	Leadership	Chase your greatness is the name of this video. This video provides an eye opener for many of us who are afraid to chase and reach our potential. <a href="#">Click Here</a>
<b>Get you Move on!</b>	Sports	Join Mamba Sports Academy at home for a full at home workout. <a href="#">Click Here</a>

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<b>Get Ready!</b>	Language	Time to learn something new. Today we will learn Japanese. Watch the video below and learn the top 25 Japanese phrases. <a href="#"><u>Click Here</u></a>
<b>Get Crafty!</b>	Art	Who knew you can make your own fabric dye? Grab some left over flowers and a piece of fabric you would like to try this DIY on. Make your own fabric dye with flowers with this video. <a href="#"><u>Click Here</u></a>
<b>Time to Unwind!</b>	Give yourself a break after a busy day	One of the hardest things in the universe to understand is the interior of our own minds: we will have spent decades on the earth before we've grasped even very basic things about who we are and how we function. Tune into this clip to help better understand yourself and fall deeper into self love! Self love is an important part of meditation. <a href="#"><u>Click Here</u></a>