

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, MAY 7, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>Click Here</u>
Greet the Day!	Mindfulness	Did you know that mindfulness meditation can help you manage your stress, your relationships, and your biggest fears? Here's why you should practice mindfulness as a teen/student and how practicing mindful meditation in high school or middle school will help you feel at peace with everything in your life. Enjoy! <u>Click Here</u>
Health & Motivation	Mentally Healthy	Mariana tells us how the people she's met along the way and her own immigrant experience have taught her that the only thing we all have in common is being human Reflection: What are three things you learned from this video? <u>Click Here</u>

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, MAY 7, 2020

Life Skills	Life Skills	<p>What's the best way to write a professional letter or email you ask? Let's find out!</p> <p><u>Click Here</u></p>
Lunch		<p>Did you wash your hands?</p>
Power Hour!	College Tour	<p>Inevitably, on-campus tours of classrooms, libraries, dorms, and dining halls will start to blend. Jog your memory using the virtual tour and even explore the area surrounding the campus using the interactive mapping tool. If you're just beginning your college search, a virtual tour can be a great way to get a feel for a campus before your visit. Remember, when you do go, be sure to ask current students about their college life. A student perspective can be the most helpful way to gauge your future experience at University of Southern California.</p> <p><u>Click Here</u></p>

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, MAY 7, 2020

Smart Moves	Leadership	<p>Let's learn more about the different leaders in our world and what their roles were! Enjoy this fun trivia game to challenge all that you know about these famous world leaders! As a leader, we want to know who our past leaders during these years were as well! Maybe we can learn one thing or two from them!</p> <p><u>Click Here</u></p>
Get you Move on!	Sports	<p>Here are a few basketball drills you can do at home. This video will help you work on your dribbling, passing, & shooting skills. Even if you're not an avid baller, you can take some time to pick up a new hobby. Who knows? You might enjoy it!</p> <p><u>Click Here</u></p>

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, MAY 7, 2020

Get Ready!	Virtual Tour	Let's get Artsy! Have you ever been to an art museum? How about the Van Gogh Museum? Take this tour and see all the beautiful art and all their stories. Click Here
Get Crafty!	Art	Bleeding art with only two items! Grab your tissue paper and water, let's make a colorful masterpiece. Click Here
Time to Unwind!	Give yourself a break after a busy day	After stressful day is always recommend to finish the day with some meditation.. Click Here