GREAT FUTURES START HERE.

BOYS & GIRLS CLUBS OF CARSON

BGCC Virtual Program: Elementary School

Wednesday, June 3, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff CLICK HERE
Healthy Habits	Health & Wellness	Yoga For Kids with Alyssa Kepas Check out and do this yoga class that's just for kids at home! Enjoy and make sure to hydrate. CLICK HERE
Academic Success	Get Crafty- Arts DIY- Puffy Paint	In this video, Ms. Mia shows us how to create puffy paint using 3 simple ingredients. This is a fun way to paint on paper, canvases, sidewalks or wherever, it is completely washable. Puffy paint is also so satisfying to play with, and you can create as many different colors as you'd like! CLICK HERE

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Healthy Habits	Sports & Recreation	"The Daily 10 Work Out Challenge" Do 10 reps of each: squats, jumping jacks, jump squats, crunches, mountain climbers, front lunges, pushups, calf-raises, 10 second plank, and jog in place for 10 seconds. Repeat 2-3 times for maximum intensity. Make sure to stay safe and drink plenty of water!
Academic Success	Education	After homework/activities check out Keyboard Ninja. Players input the correct key to get as high of a score as possible (similar to fruit ninja). CLICK HERE Have fun!
Character and Citizenship	Leadership	Leadership Activities for Kids These 5 activities provide clear examples that role models reinforce good behavior and teach effective leadership skills. Write and talk about something you worked very hard to achieve! Click the link for more details. CLICK HERE