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**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, JUNE 26, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Cardio Workout	This 20-minute Afrobeats dance workout will work your legs, bums & tums. It takes 20 minutes and you don't need any equipment. Get ready to sweat and feel the burn! Click Here
Health & Wellness	Improving Overall Health	In the world we live in today, we hear a lot of advice about what it takes to stay healthy but maintaining or improving your health does not happen through some magic pill. Did you know that what you do or don't do on a regular basis has a huge impact on your overall health? 80% of chronic health conditions such as cancer, diabetes and heart disease can be prevented by following these 5 simple steps. Click Here

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Arts	Photography	Discover cool DIY Photo Hacks! Learn how to take pictures in the washing machine, make a cool and interesting panorama and learn how to improve your photos by using these camera tricks. Improve your Instagram photos by learning new photo ideas. Click Here
Academic Success	Money Matters	In this Money Matters lesson, Ms. Wendy goes over online finance related apps, and other ways to help budget your spending. Review how important it is to continue to grow your financial knowledge and improve with saving. Click Here
Character and Citizenship	Personality Traits	Taking the positive personality traits you have for granted, you don't always consider ways to develop and improve your own character. Some strong personality traits require consistent effort before they really become a part of who you are. If you're ready for some hard work, you can start your way to a better and more successful self! Click Here