

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**TUESDAY, JUNE 30TH, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Healthy Living	Watch this video on several breathing techniques to relieve stress and anxiety. These are great to practice throughout the day as often as needed.  <a href="#">Click Here</a>
<b>The Arts</b>	Get Crafty	Straw weaving is a fun and creative way to make bracelets! Enjoy this video on how to create straw weaved bracelets and make some for your friends and family!  <a href="#">Click Here</a>

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**Education**

**DIY STEM**

Love cars? Love Paper? Watch as Mr. Wilfred gives step-by-step instructions on how to make a paper car.

[Click Here](#)

**Leadership**

**Take The Lead**

Watch this guided meditation video for leadership skills. Be a stronger version of yourself with the practices of this video.

[Click Here](#)

**Sports &  
Recreation**

**Recreation  
workout**

Ready to get your cardio up? Watch this video that will take you through a fat burning cardio workout. No equipment needed, but make sure to do both the warm-up and cool down. If you miss either of these portions, you risk injury!

[Click Here](#)