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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

FRIDAY, JULY 31ST, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Healthy Habits	Health & Wellness	Stretch it out Stretching is important and beneficial for the body. Start by stretching for 5 minutes then doing some cardio. This can include taking a walk, running or even playing tag!
Academic Success	Get Crafty! Arts	Edible Playdough In this activity, Ms. Mia will be making edible playdough! Have fun making this tasty treat that you can also get creative with! You can use this edible playdough to get as creative as possible, using on top of any foods or just by itself! Click Here

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Healthy Habits	Sports & Recreation	Get going and move along to this video with modern dance moves. Enjoy yourself being active and make sure to hydrate! <u>Click Here</u>
Academic Success	Education	We breathe a lot—roughly 12 to 16 times a minute for adults and even more for children! Have you ever wondered how the process of breathing works so smoothly? In this activity you will make a model of a lung and use it to discover how air flows in and out of the lungs with ease. <u>Click Here</u>
Character and Citizenship	Leadership	The Kid President tells us the story of the late Dr. Martin Luther King Jr., and how he spread love during tough times. How can you spread love in your community? <u>Click Here</u>