

GREAT FUTURES START HERE.



**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

TUESDAY, JULY 14, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Ab Workout	Check out this full body workout with Madfit using the song Ritmo by the Black Eyed Peas and J. Balvin. Click Here
Health & Wellness	Stress Management	Check out this Ted Talk about being stressed at school by Carley Rogers. Carley feels stress over performing well in school, and in this talk, she looks at it from the perspective of someone who would give anything to be in her place. She encourages us to find the positives. Click Here

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Arts	Get Crafty! Arts	Learn how to paint with ice. Ms. Kim shows us how to make fun work of arts to show off on social media. Click Here
Academic Success	Self Introduction	Study Less, Study Smart- this video is a 6-minute summary of a great lecture focused on studying smarter. Click Here
Character and Citizenship	Leadership	Do you have amazing leadership skills? Whether you are a manager, professional or team leader EVERYONE should know how to inspire others. In this video, watch essential leadership skills to help you be a good leader. Click Here