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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, JULY 17, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Full Body Workout	In this Full Body Workout video that you can do whenever and wherever you like. You don't need any equipment or weights! Targets the muscles of your whole body and gives you a quick sweat! Click Here
Health & Wellness	Healthy Habits	In this Healthy Habits lesson Ms. Wendy discusses the importance of treating yourself! Maybe have a spa day at home or something special to in your daily life. Have fun! Click Here

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Arts	Music	Watch the Felix Contreras -- Colombian pop star from Juanes and Chilean singer Mon Laferte at the Tiny Desk. <u>Click Here</u>
Academic Success	Habits of Successful Students	Even though it's summer it is never too early to get ready for school. The study method that every student should know before their exams! <u>Click Here</u>
Character and Citizenship	Being a Professional	In this TedxYouth talk, presenter Dale Atkins focuses on being a professional and the process it takes to build this skill. <u>Click Here</u>