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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

THURSDAY, JULY 2, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Tone Arms and back	A quick and effective workout to target the back and arms. This routine requires no equipment and can be done anywhere. Click Here
Health & Wellness	Music	Take some time to relax and watch this Tiny Desk Concert with Adele. Listen as she effortlessly showcases three of her hit songs. Click Here

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Arts	Music	TikTok is the fastest growing social media app, with several fun challenges. In this video learn how to do the Wipe It Down Mirror Transition. You can do it without using any editing apps! This transition can be done entirely using TikTok. Click Here
Academic Success	College Workshop	In this virtual lesson Ms. Natalie discusses if community college is right for you. This college workshop reveals the pros and cons about community college. Click Here
Character and Citizenship	Communication Skills: Conversation	Have you ever felt like you're talking, but nobody is listening? Here's Julian Treasure to help you fix that. As the sound expert demonstrates some useful vocal exercises and shares tips on how to speak with empathy, he offers his vision for a sonorous world of listening and understanding. Click Here