

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**TUESDAY, JULY 21, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#"><u>Click Here</u></a>
<b>Sports &amp; Recreation</b>	Ab Workout	Check out this lower body workout with Madfit using the song Do IT by Chloe x Halle.  <a href="#"><u>Click Here</u></a>
<b>Health &amp; Wellness</b>	Stress Management	It's important we take time to practice daily meditation and breathing techniques to focus on our well-being.  <a href="#"><u>Click Here</u></a>

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<b>Arts</b>	Get Crafty! Arts	Today's art activity is on painting with ice and food colors. Show us what you can do and tag us on your social media.  <a href="#">Click Here</a>
<b>Academic Success</b>	Study Tips	Learn how to determine your personality, the strengths and weaknesses of personality types, and most importantly how to be a more effective student and get better grades with each personality type.  <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Leadership	Leadership Advice - 7 Tips for Success. Want to increase your leadership skills? Check out the video below!  <a href="#">Click Here</a>