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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

TUESDAY, JULY 28, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Ab Workout	Check out this lower body workout with Madfit using the song Side to Side by Ariana Grande Click Here
Health & Wellness	Stress Management	In need of a happy place? Happy Music is a place where you can find all kinds of Happy music: Uplifting, Inspiring, Motivational, Positive, Joyful, Happy Music, and much more. Enjoy! Click Here

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Arts	Get Crafty! Arts	Today's Girls Code activity Ms. Kim teaches how to make candles with crayons. Show us what you can do and tag us on your social media. Click Here
Academic Success	Active Reading	Is reading your textbook making you fall asleep? Can't focus and feel fidgety? Here are 3 easy methods to help you engage with the material, remember what you read and stay awake while doing so. Here is...the art of active reading. Hope you enjoy :) Click Here
Character and Citizenship	Introvert Leadership	What makes a good leader? A booming voice? A strong resolve? An extroverted personality? None of these! This video dispels the myth that introverts can't be great leaders. Learn five introverted qualities that successful leaders of all types should have and prove that great leadership comes from both assertive and reflective people alike. Click Here