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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, JULY 29, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>Click Here</u>
Sports & Recreation	Dance Workout	Did you watch the Greatest Showman? This video is a fun cardio workout to the theme of the Greatest Showman movie. <u>Click Here</u>
Health & Wellness	Mental Health	In this Healthy Habits lesson, Ms. Wendy discusses what mental health is and how it can positively impact your life. <u>Click Here</u>

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Arts	Painting	In this video, learn how to draw a dancing ballerina scene. This is for beginners wanting to use oil pastels it is, step by step and easy. Materials: Oil Pastels, tissue paper, clear tape, black pencil, white pencil, white correction pen. Click Here
Academic Success	Study Tips	In this video learn some DIY Study Hacks+ study tips on how to be productive after school & get higher grades! Click Here
Character and Citizenship	Leadership	Who are you?.. No, really, who are you? What makes you, you? Psychologists like to talk about our traits, or defined characteristics that make us who we are. Join Brian Little as he dissects the surprising differences between introverts and extroverts and explains your personality. Click Here