

GREAT FUTURES START HERE.



**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, JULY 6, 2020

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| Welcome! | Introduction | Daily Introduction from BGCC staff Click Here |
| Sports & Recreation | Walking | Everyone loves to go out for a walk! But if you cannot go outside this 15-minute indoor walking routine is perfect to do at home! Increase your stamina while walking and toning up with exercises to sculpt your entire body. Click Here |
| Health & Wellness | Mental Health | Had a long weekend? Use this mindful meditation to relax, relieve stress or anxiety and find some peace for the beginning of the week. Click Here |

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| Arts | Get Crafty! Arts | Learn how to draw a happy expression step by step. This includes how to draw a smile with TEETH :) In this tutorial, watch how to transform a neutral face into a happy one, with an open mouth smile. Click Here |
| Academic Success | Explore a virtual trip- UC Santa Cruz | Let's take a virtual tour of the University of California, Santa Cruz. Learn interesting facts about the campus while discovering the amazing opportunities offered from this school. Click Here |
| Character and Citizenship | Leadership | Qualities to Become a Great Leader Great leaders can inspire greatness in others. Ms. Lauren shares 5 qualities to becoming a great leader. Click Here |