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**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

TUESDAY, JULY 7, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Ab Workout	Check out this lower body workout with Madfit using the song 7 Rings by Ariana Grande. <u>Click Here</u>
Health & Wellness	Stress Management	What gives you stress? It's always time to take care of yourself. Check out these fun Stress Management Activities that you can try at home. <u>Click Here</u>

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Arts	Get Crafty! Arts	Learn how to make silhouette art with a spray bottle. Ms. Kim shows us how to make creative designs show off on social media. Click Here
Academic Success	Self Introduction	How to introduce yourself in English and answer the 'Tell me about yourself' interview question and how to give a good answer. Click Here
Character and Citizenship	Leadership	Corporate Trainer and Keynote Speaker Dana Brownlee explores 3 fundamental leadership styles. Most of us identify with one of the three methods discussed. Now, how can we improve our style? Click Here