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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, JULY 8, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Flexibility	Burn calories with this 20-minute African dance workout. Always warm up for 2-3 minutes before doing ANY workout. Now it's time to seriously sweat. <u>Click Here</u>
Health & Wellness	Mental Health	Ms. Arnelle discusses self care tips using a hair mask and hot oil treatment. Watch as she shows us how to take care of our hair and keep it healthy and moisturized. <u>Click Here</u>

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Arts	Painting	Check out these 9 easy painting ideas for beginners. Get your paint, brush, palette and begin. Click Here
Academic Success	History	Learn tips on how to learn history easier and retain the information you read. Click Here
Character and Citizenship	How Leaders Inspire	Simon Sinek presents a simple but powerful model for how leaders inspire action, starting with a golden circle and the question "Why?" His examples include Apple, Martin Luther King, and the Wright brothers. Click Here