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BOYS & GIRLS CLUBS OF CARSON

BGCC Virtual Program: Middle School

Wednesday, July 1st, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Health & Motivation	Positive Motivation	Sometimes people say things to us that hurt our feelings. Ms. Hannah, in this video, teaches us how to let go of those negative thoughts and put positive words in their place. Click Here
The Arts	Get Crafty	If you have any shirts lying around that could use some more designs, this video will teach you how to make your own custom t-shirt prints using sandpaper and crayons! Click Here

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Education	DIY STEM	In this Mystery, students will be introduced to the Earth's orbital movement around the Sun, as a means of seeing why the constellations change. In the activity, Universe-in-a-Box, students make a paper model that helps them visualize the Earth's yearly orbit around the Sun. They use this model to understand why some constellations are only visible during part of the year. Click Here
Leadership	Take The Lead	This ted talk will teach you why the world needs mindful leaders. Learn why it's so important. Click Here
Sports & Recreation	Recreation workout	Today's workout focuses on strength training that specifically targets your chest. This video will show you different exercises that anyone can do right at home that will slowly but surely increase your upper body strength. Click Here