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BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

WEDNESDAY, JULY 8TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Health & Motivation	Health & Motivation	<p>Learn how to hydrate your skin with this self care lesson by Ms. Mia. Watch as she gives us easy to follow directions on how to make an avocado face mask.</p> <p><u>Click Here</u></p>
The Arts	Get Crafty/The Arts	<p>Chromatography butterfly craft is such a fun way to separate color mixtures. In this activity you will be exploring chromatography (separating mixtures) and making these into butterflies!</p> <p><u>Click Here</u></p>

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Education	How it works!	When it comes to boys vs. girls, is one smarter than the other? <u>Click Here</u>
Leadership	Take The Lead	Let's Learn how to make fruit smoothies! Watch this video and treat your family to a delicious treat. <u>Click Here</u>
Sports & Recreation	Sports	Here's a video that will test your lower body. All it takes is 10 minutes to do these body-weight exercises. It's an intense workout, so make sure to have a water bottle nearby. <u>Click Here</u>