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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

WEDNESDAY, AUGUST 12TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Healthy Habits	Health & Wellness	Facing Emotions Discussing what is on our minds is important. Grab a piece of paper, and a pencil. For this activity write or draw how you are feeling. How is your day going? How did you sleep? What made you smile today?
Academic Success	Get Crafty! Arts	Paper Dog In this video, Mr. Sebastian gives us step by step instructions on how to create our own paper dog! What will you name your new pet? Click Here

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Healthy Habits	Sports & Recreation	Get moving with this shift Hiit for kids! Burn energy while having fun! Be safe and hydrate. <u>Click Here</u>
Academic Success	Education	What was the biggest creature to ever fly on Earth, learn about the amazing Pterosaur. <u>Click Here</u>
Character and Citizenship	Leadership	Wheel of Coping Skills: Learn how to make a wheel of coping skills. We must learn how to use safe and appropriate ways to cope and express ourselves. Click the link for more details! <u>Click Here</u>