

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

MONDAY, AUGUST 17<sup>TH</sup>, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Healthy Habits</b>	Health & Wellness	<b>Make some noise</b> For this activity I want you to record yourself dancing a song. You will dance everyday to that song for 5 days. After 5 days you will see how you have improved. It's important to keep track of our progress and feel better about ourselves.
<b>Academic Success</b>	Get Crafty! Arts	<b>Dragon Letter</b> In Ms. Lily's "Dragon With The Letter S" video we draw a dragon using the letter "S." It's an easy fun art activity members can do at home! <a href="#"><u>Click Here</u></a>

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<b>Healthy Habits</b>	Sports & Recreation	Try this super yoga with Jaime on a stretch safari! It's a fast-paced yoga exercise, keep up and enjoy! <a href="#">Click Here</a>
<b>Academic Success</b>	Education	Learn about how trees and wildlife can communicate with each other. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Leadership	A Simple Craft to Help you with your Big Worries! Learn how to make worry monsters. Worry monsters may help you talk about your feelings and the things that worry you. Click the link for more details! <a href="#">Click Here</a>