

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

**BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL**

**TUESDAY, AUGUST 25, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Healthy Habits</b>	Health & Wellness	We are separate from our feelings. They come and go - and we can observe them - without getting swept up by them. Our mind is like a pond full of fish. The fish are our feelings. If we remember to Be the Pond, we'll let those feelings just swim by. Be the Pond! <a href="#">Click Here</a>
<b>Academic Success</b>	Get Crafty! Arts	Flying Owl Craft Take a regular sized paper plate and paint it black. Splatter some white paint onto it to make it look like stars. Cut a slit about 5 inches long on the lower half of the plate. Take a small paper plate and follow the video to see how to make an owl. Glue the owl onto a black popsicle stick and push the stick through the slit. Move the stick around and you'll have a flying owl! <a href="#">Click Here</a>

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<b>Healthy Habits</b>	Sports & Recreation	Do some P.E. at home and try a stuffed animal/pillow relay challenge! You'll need strips of paper, stuffed animals or pillows, and 4 bowls. Have fun! <a href="#">Click Here</a>
<b>Academic Success</b>	Education	In this experiment, Ms. Andrea demonstrates DIY Stem activity using at-home ingredients. Place an egg in a glass jar and submerge it with white vinegar. Allow the egg to sit in the glass 1-3 days to allow the eggshell to dissolve with the vinegar. Once you take out the egg in 1-3 days, wash it and play with your bouncy egg. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Leadership	How To Make A Courage Jar: Courage jars can help encourage you to conquer your everyday fears! Click the link for more details! <a href="#">Click Here</a>