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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

WEDNESDAY, AUGUST 26, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Healthy Habits	Health & Wellness	<u>Time to Think</u> Reflecting on your emotions is important for your mental health. Grab a piece of paper and write about how your school year was. Was it fun? Stressful? Are you happy it is summer?
Academic Success	Get Crafty! Arts	<u>Abstract Drawing Tutorial</u> Follow this video to learn how to create a 3D looking abstract drawing! All you need is a piece of paper and a black marker! *Click the "Skip Ad" button on the screen. <u>Click Here</u>

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Healthy Habits	Sports & Recreation	Fitness Break Next get moving and get some brain power with this Fitness Break exercise! <u>Click Here</u>
Academic Success	DIY STEM	Scuba Diver STEM: Explore how buoyancy works with Mr. Connor and what we can do to overcome it in this interactive STEM experiment. Did it work for you? <u>Click Here</u>
Character and Citizenship	Leadership	10 Gratitude Drawing Prompts: Get a better understanding of gratitude through art. Chose from 10 different gratitude drawing prompts. Click the link for more details! <u>Click Here</u>