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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

THURSDAY, AUGUST 27, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Healthy Habits	Health & Wellness	Meditation and Breathing for Kids Check out this meditation breathing exercise, enjoy! –Click Skip Ads Click Here
Academic Success	Get Crafty! Arts	Marker Spray Paint Recycle old markers to make fun spray paint! Take a few old markers and uncap them. Stick the pointed part into the spray bottle and put them inside. Fill the spray bottle with water and let the color seep into the water. Close the bottle and lay a paper or canvas onto an old sheet or cardboard to avoid mess. Spray the paper or canvas and watch the colors blend into each other! Materials: Spray bottle with opening large enough to fit markers, Water, Markers, Paper or canvas, Something to put paper or canvas over Click Here

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Healthy Habits	Sports & Recreation	At Home P.E. Activities for Kids You'll need a pair of socks and a trashcan for every participant (has to be emptied) Check out the video for more info and have fun! Click Here
Academic Success	DIY Science	Let's make paper airplanes with Mr. Sebastian. Follow step by step instructions on how to make this fun and easy STEM project. How long will your plane fly? Click Here
Character and Citizenship	Leadership	What Is a Leader? Write down what you think a leader is on a piece of paper or journal, then watch this video about what other kids think a leader is. Enjoy! Click Here