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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

MONDAY, AUGUST 3RD, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Healthy Habits	Health & Wellness	Sun Time For this activity admire nature. Tell yourself 3 things you like about yourself and follow up by drinking a cup of water. This will give you time to relax your body!
Academic Success	Get Crafty! Arts	Origami boat- In this video, Mr. Sebastian demonstrates how to make origami boats that can float on top of water. Have fun! Click Here

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Healthy Habits	Sports & Recreation	Check out this ABCs of Yoga for Kids yoga routine you can do at home. Yoga has many physical and mental benefits for everyone. Enjoy! Click Here
Academic Success	Education	During the Mars 2020 mission, NASA plans to explore the surface of Mars using a rover in combination with a lightweight helicopter. To be able to fly on Mars, this helicopter must be super light and have very efficient blades. If not, it will never generate enough lift to get off the ground. In this activity, you will make your own paper helicopter and test different blade designs. Will your findings be reflected in NASA's design? Try it out and see for yourself. Click Here
Character and Citizenship	Leadership	<i>SHAKE the jar or bottle when you feel anxious or upset!</i> Mindfulness Activity: Creating a Glitter Jar Click Here