

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**TUESDAY, AUGUST 11, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#"><u>Click Here</u></a>
<b>Sports &amp; Recreation</b>	Ab Workout	Check out this 4-minute plank challenge with Madfit using the song Temperature by Sean Paul.  <a href="#"><u>Click Here</u></a>
<b>Health &amp; Wellness</b>	Stress Management	What is Health? And how healthy are you? In this video, we will learn about health and wellness and how important it is to take care of our well being.  <a href="#"><u>Click Here</u></a>

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS  
OF CARSON**

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**TUESDAY, AUGUST 11, 2020**

<b>Arts</b>	Get Crafty! Arts	Today's Girls Code activity Ms. Kim teaches how to paint with sharpies and rubbing alcohol. Show us what you can do and tag us on your social media. <a href="#">Click Here</a>
<b>Academic Success</b>	Reading	Reading faster is possible, even if speed reading isn't always the best way to go about it. Here are 5 methods you can use to read more books in less time. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Introvert Leadership	In this video, Richard McMunn discusses how to be a great leader! It does not matter whether you are a Team Leader, the captain of a sports team, or the leader of a large organization, the 7 leadership skills contained within this video will enable you to make better, more effective decisions and allow you to grow a high-performing team! <a href="#">Click Here</a>