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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, AUGUST 12, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Dance Workout	This is a 1-hour full body workout at home with no equipment, no jumping, low impact and apartment friendly. The tempo is SLOW. Slow everything down to really increase intensity in a different way. Ensure you relax in the holds and breathe! Click Here
Health & Wellness	Healthy Habits	In this Healthy Habits lesson, Ms. Wendy discusses what five actions you can do to eat healthier and have a balanced diet. Click Here

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Arts	Painting	In this video, Check out these 10 tips and tricks to improve your drawing. After watching this video you'll be able to draw any anime very easily! Click Here
Academic Success	Soft Skills	So, What Are These Things Called “Soft Skills”? Soft Skills’ is a catch-all term referring to various behaviors that help people work and socialize well with others. In short, they are the good manners and personality traits needed to get along with others and build positive relationships. Click Here
Character and Citizenship	Leadership	At El Cerrito High School a group of youth leaders trained in dynamic mindfulness and restorative practices are transforming the school's culture, reducing suspensions one breath at a time. Click Here