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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, AUGUST 17, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Dance tutorial	Learn the basics of Merengue with this playlist of dance tutorials. After quarantine, you will be ready to show off your new moves. <u>Click Here</u>
Health & Wellness	Health Care	In this hair tutorial, learn how to do two easy cornrow braids today! In clear and easy steps that are perfect for beginners, learn how to cornrow your own natural hair. <u>Click Here</u>

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Arts	Get Crafty! Arts	Here are 10 Art Ideas for how you can use your extra time to expand your creativity! Many of these art ideas will also help you improve your art skills, as well as stop you from being bored at home! Click Here
Academic Success	Explore a virtual trip- UC San Diego	Let's take a virtual tour of the University of California, San Diego. Learn interesting facts about the campus while discovering the amazing opportunities offered from this school. Click Here
Character and Citizenship	Leadership	In this video, Ms. Lauren discusses how to beat performance anxiety. Learn what performance anxiety is, the signs, and what practices help. Click Here