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**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**WEDNESDAY, AUGUST 26, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Flexibility	Full body flexibility routine in 15 minutes. Relieve tension and become more flexible. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Mental Health	Ms. Arnelle discusses what mental health is and tips to improve your mental health. In this video, she encourages you to create a poem about how you are feeling or about what's going on in the world.  <a href="#">Click Here</a>

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<b>Arts</b>	<b>Music</b>	10 music-related activities you can do from the comfort of your own home that will not only keep you entertained but improve your life. <a href="#"><u>Click Here</u></a>
<b>Academic Success</b>	<b>Communication</b>	Sometimes arguments can get heated and spiral out of control. So while we all want to win an argument, not making an enemy in the process can be even more important. Learn how to come out of verbal scruffs not only on top but looking cool, calm, and collected.  <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	<b>Small talk for Introverts</b>	We look at the Kanye-Kimmel interview today and do a break down on how to handle small talk especially if you're an introvert.  <a href="#"><u>Click Here</u></a>