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**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, AUGUST 3, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Hand Therapy	Repetitive wrist stress from computer use, lifting, or hobbies can cause numbness and tingling in your hands and wrists. Watch this demonstration of three simple stretches and recommendations that can bring relief. Click Here
Health & Wellness	Health Care	With quarantine getting in the way of self care opportunities, this is a DIY pedicure video. Learn how to clean, prep, shape, paint, and polish your nails at home. Remember this is a judgement free zone! Click Here

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Arts	Get Crafty! Arts	Learn How to Draw a House in 1-Point Perspective in this drawing tutorial, using a 4B pencil. <u>Click Here</u>
Academic Success	Explore a virtual trip- University of Miami	Let's take a virtual tour of the University of Miami. Learn interesting facts about the campus while discovering the amazing opportunities offered from this school. This university is in Florida and might interest those of you who want to go to school out of state. <u>Click Here</u>
Character and Citizenship	Leadership	In this video, Ms. Lauren discussed 5 ways to boost your self confidence. Learn how to celebrate yourself, focus on learning, and being active. <u>Click Here</u>