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**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, AUGUST 30, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Walking	Everyone loves to go out for a walk! But if you cannot go outside this 15-minute indoor walking routine is perfect to do at home! Increase your stamina while walking and toning up with exercises to sculpt your entire body. <u>Click Here</u>
Health & Wellness	Mental Health	Had a long weekend? Use this mindful meditation to relax, relieve stress or anxiety and find some peace for the beginning of the week. <u>Click Here</u>

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Arts	Get Crafty! Arts	Learn how to draw a happy expression step by step. This includes how to draw a smile with TEETH :) In this tutorial, watch how to transform a neutral face into a happy one, with an open mouth smile. Click Here
Academic Success	Explore a virtual trip- UC Santa Cruz	Let's take a virtual tour of the University of California, Santa Cruz. Learn interesting facts about the campus while discovering the amazing opportunities offered from this school. Click Here
Character and Citizenship	Leadership	Qualities to Become a Great Leader Great leaders can inspire greatness in others. Ms. Lauren shares 5 qualities to becoming a great leader. Click Here