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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

TUESDAY, AUGUST 4, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Ab Workout	Check out this full body workout with Madfit using the song Blinding Lights by The Weeknd. Click Here
Health & Wellness	Stress Management	Need some relaxing background music while you study, meditate, or just hangout? Tryout some relaxing café music covering Norah Jones' jazz and Bossa Nova arrangement. Click Here

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Arts	Get Crafty! Arts	Today's Girls Code activity Ms. Kim teaches how to paint with salt. Show us what you can do and tag us on your social media. Click Here
Academic Success	Money Habits	Most of what we do with our money everyday is unconscious. The more aware you are of your money habits, the faster you can reach your financial goals. Click Here
Character and Citizenship	Introvert Leadership	The 10 Most Important Human Values - Inspirational Speech by Fearless Soul. What is important to you? Watch this video and focus on what is important and impactful to your life. Click Here