

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, AUGUST 5, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff <u>Click Here</u>
Sports & Recreation	Dance Workout	Here is a 30-Min Indoor Step Workout to help you achieve your daily step goal!! Can you get to 10,000 steps? <u>Click Here</u>
Health & Wellness	Mental Health	In this Healthy Habits lesson, Ms. Wendy discusses what mental health is and how we can protect our mental health and well being. <u>Click Here</u>

GREAT FUTURES START HERE.



**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, AUGUST 5, 2020

Arts	Painting	In this video, learn some fun and creative tips for making art with pastels. This video has 38 magical pastel art techniques. Click Here
Academic Success	Time Management	Ten time-management tips for students to help you increase your productivity, stop procrastination and start getting things done. Click Here
Character and Citizenship	Leadership	In every workplace, there are three basic kinds of people: givers, takers and matchers. Organizational psychologist Adam Grant breaks down these personalities and offers simple strategies to promote a culture of generosity and keep self-serving employees from taking more than their share. Click Here