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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, AUGUST 7, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Power Yoga	Power Yoga with Adriene features one full class called "HEART" from her Empower Yoga Series. Though this practice is swift, you are encouraged to move at your own pace and listen to your body. Click Here
Health & Wellness	Money Matter	In this Money Matter lesson, Ms. Wendy discusses credit, what it is, types of credit, and how you can use credit to your benefit. But beware credit cards can be harmful financially if used incorrectly. Learn how to do it right! Click Here

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Arts	Music	Watch The Blue Man Group takeover at the Tiny Desk. These Blue Men may never say a word, but the performances make for poignant looks at who we are as humans. They also make unusual music on instruments of their own design. <u>Click Here</u>
Academic Success	Note Taking	A helpful tutorial on how to take Cornell notes. This explains why you should take them and how. <u>Click Here</u>
Character and Citizenship	Career Path	Marianna Pascal shows how the secret to speaking a new language with confidence is all about attitude, not ability. <u>Click Here</u>