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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, AUGUST 10TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Health & Motivation	Health & Motivation	We hear about calories all the time: How many calories are in this cookie? How many are burned by doing 100 jumping jacks, or long-distance running, or fidgeting? But what is a calorie, really? Click Here
The Arts	Get Crafty/The Arts	Feeling salty? Ms. Mia shows us how to make art with salt! Show us how crafty you can be with this spicy art style! Click Here

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Education	How it works!	His face is recognized all over the world – the young medical student who became a revolutionary icon. But was Che Guevara a heroic champion of the poor, or a ruthless warlord who left a legacy of repression? Click Here
Leadership	Take The Lead	Do what makes you happy! Click Here
Sports & Recreation	Sports	Get moving with us! Today's activity is all about coordination and having fun. These movements help you develop good balance, your fine and gross motor skills and a good sense of humor. Have fun! Click Here