

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS  
OF CARSON**

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, AUGUST 26TH, 2020**

|                                |                |  |
|--------------------------------|----------------|--|
| <b>Welcome!</b>                | Introduction   | Daily Introduction from BGCC staff   |
| <b>Health &amp; Motivation</b> | Healthy Living | Being an awesome individual takes consistent work. Watch this video on how to take your awesomeness to the next level.<br><br><a href="#">Click Here</a>   |
| <b>The Arts</b>                | DIY Craft      | Summer is the best time to stay hydrated. Learn how to create this D.I.Y. lip balm to help keep moisture in your skin! This is perfect to use just as a lotion or a chap stick. Be sure to ask for a parent's permission before taking on this task.<br><br><a href="#">Click Here</a> |

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| <b>Education</b>               | How it works! | Have you ever wondered how our brains work? Watch this video and understand our brain and learn some new tricks to play on it.<br><br><a href="#">Click Here</a>                                 |
| <b>Leadership</b>              | Take The Lead | Being a good leader finds you always giving back to the community, watch this video about why that is so important and how to do it.<br><br><a href="#">Click Here</a>                           |
| <b>Sports &amp; Recreation</b> | Sports        | It's Friday! Let's play the cup game with Ms. Monica. Start off slow, then go faster and faster. Play with your family or friends and see how fast you can go!<br><br><a href="#">Click Here</a> |