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BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, AUGUST 27, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Health &amp; Motivation</b>	Mentally Healthy	I want to share an amazing video that talks about ways to improve our mental health. Our mental health plays an important role in our lives; therefore it is imperative to check in with our mental health often. Hope you enjoy it!!  <a href="#">Click Here</a>
<b>The Arts</b>	Making Paper Snails	Let's make Paper Snails with Ms. Bri. Learn how to make paper snails with paper, something to color with, scissors, glue and a black marker.  <a href="#">Click Here</a>

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<b>Education</b>	Language	Let's Learn some Portuguese. Watch this Video and learn 100 phrases for beginners.  <a href="#">Click Here</a>
<b>Leadership</b>	Take The Lead	Learn about Transformational leaders and leadership.  <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Recreation workout	Follow along with Coach Gareth who will show you how to play soccer at home. All you need is some space, and a creative mind. Keep up with Coach Gareth and see if you can do some cool interesting soccer tricks that you can practice and use in real games.  <a href="#">Click Here</a>