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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, AUGUST 3RD, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Health & Motivation	Health & Motivation	DIY Sensory Bottle: In this video, Ms. Tiffany demonstrates how to create a DIY Sensory Bottle. Sensory Bottles help calm down an individual who may feel overwhelmed. There are many variations of Sensory Bottles so you can be creative and add different items into your bottle. Click Here
The Arts	Get Crafty/The Arts	Get creative with this video by making your own bags and purses out of old household equipment. Put your own style and art into your designs. The options are limitless! Click Here

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Education	How it works!	By looking at the layers beneath our feet, geologists have been able to identify and describe crucial episodes in life's history. These key events frame the chapters in the story of life on earth and the system we use to bind all these chapters together is the Geologic Time Scale. Click Here
Leadership	Take The Lead	"Don't be so quick to judge, you never know when you might just find yourself walking in that person's shoes Click Here
Sports & Recreation	Sports	Let's follow along with this 30-minute cardio workout. This video is perfect for beginners or intermediate level participants. The workout is low impact to off-set any joint related issues. Click Here