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BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, AUGUST 30, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Health &amp; Motivation</b>	Healthy Living	Watch this Ted Talk of Rebecca Chang as she shares the process of joining her elementary school student council. She shares how she was able to use a growth mindset through her process of joining her student council and she overcame her own biases.  <a href="#"><u>Click Here</u></a>
<b>The Arts</b>	Get Crafty	Shadow Art: Ms. Emilie shows members how to experiment with lighting and angles to create shadow art. Use your creativity to expand on shadows and make them unique!  <a href="#"><u>Click Here</u></a>

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**Education**

College Tour

Join your dive buddies from [NOAA Sanctuaries](#) on the shipwreck of *D.M. Wilson*. This is just on one of the hundreds of shipwrecks protected in Thunder Bay National Marine Sanctuary.

[Click Here](#)

**Leadership**

Take The Lead

How to get straight A's and how to maintain a 4.0 GPA. Let's learn some tips to better organize schoolwork.

[Click Here](#)

**Sports & Recreation**

Recreation workout

Being able to jump as high as possible is probably every athletes dream! It's achievable if you do the right exercises. Watch this video that will show you different workouts you can do right at home to increase your vertical jump! Don't shortcut yourself!

[Click Here](#)