

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

TUESDAY, SEPTEMBER 22ND, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Healthy Habits	Health & Wellness	Start the day by writing positive notes for all your loved ones! Use sticky notes or pieces of paper and tape. Write something positive or kind to each person and one for yourself too! Then stick them where they can see and be reminded you care. Start the day off great!
Healthy Habits	Sports and Recreation	Kids Circuit Workout Check out this bodyweight workout you can do with your parents for the perfect mix of cardio and strength. Click Here Drink water!
Character and Citizenship	Leadership	Check out this video on reading strategies and understand cause and effect. Click Here Read any book you like after and write a cause and effect summary!