

GREAT FUTURES START HERE.



**BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL**

**TUESDAY, SEPTEMBER 29<sup>TH</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Healthy Habits</b>	Health & Wellness	<p>Quest Game! Grab a partner and see who will win, or you can try on your own! If you finish the task first, you will earn a point. Have fun and stay hydrated!</p> <p><b>Tasks:</b></p> <ol style="list-style-type: none"><li>1. 40 jumping jacks</li><li>2. Stand on one foot the longest</li><li>3. Bear Crawl to the living room first</li><li>4. Skip to the kitchen first</li><li>5. Jump to the front door first</li></ol>
<b>Academic Success</b>	Get Crafty! Arts	<p><b>Popsicle Stick Frame:</b> Create a unique frame for yourself or someone you love! Have an adult help you with the glue gun.</p> <p><b>Materials:</b> Large popsicle sticks, construction paper, hot glue gun and glue sticks, decorations like buttons or rhinestones (optional), hinge clips, markers or paint, and scissors.</p> <p><a href="#">Click Here</a></p>
<b>Healthy Habits</b>	Sports & Recreation	<p>Let's dance! Check out this fun hip hop workout with Roger G!</p> <p>Drink water!</p> <p><a href="#">Click Here</a></p>