

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**TUESDAY, SEPT 22<sup>ND</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Health &amp; Motivation</b>	Healthy Living	Most of us have never known a world without stress, anxiety and overwhelming problems. Join in on this ted talk on mindfulness and Social Emotional learning. This life skill helps create a path to peace by helping you grow to be kind, healthy, and empathetic adults. <a href="#">Click Here</a>
<b>Academic Success</b>	DIY Craft	Do you miss some of your family and friends during this Stay at Home order? Make these super cute chick envelopes to hold your letters to send to your family and friends. <a href="#">Click Here</a>
<b>Education</b>	College Tour	Take a Virtual tour at the University of California, Irvine. Find out what makes this UC so special. Would you consider applying? Do you already know what College you want to attend? <a href="#">Click here</a>