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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, SEPT 24TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Health & Motivation	Healthy Living	Mindfulness has been shown to be very beneficial. In this guided mindfulness meditation you can learn to be completely present in the moment, letting go of your thoughts and achieving calmness. Reflection: How do you currently feel? Click Here
Academic Success	DIY Craft	Thrive Art teaches us how to draw the tropical fish, Angel Fish. These fish have striking colors and can be interpreted in different ways. Join in and create your own Angel Fish in this step by step activity. Click Here
Education	College Tour	Visit our campus, UC Santa Cruz has launched a new, online Virtual Tour. The tour includes a step-by-step virtual tour of the campus and along the way, you can view videos and many photographs, including 32 beautiful, interactive panoramic photos. Click Here