

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

MONDAY, OCTOBER 5TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Healthy Habits	Sports & Recreation	The Daily 10 Work Out Challenge: Do 10 reps of each: Squats, jumping jacks, jump squats, crunches, mountain climbers, front lunges, pushups, calf-raises, 10 second plank, and jog in place for 10 seconds. Repeat 2-3 times for maximum intensity. Make sure to stay safe and drink plenty of water!
Academic Success	Education	After homework/activities check out Keyboard Ninja. Players input the correct key to get as high of a score as possible. Have fun! Click Here
Character and Citizenship	Leadership	Leadership Activities for Kids These 5 activities provide clear examples that role models reinforce good behavior and teach effective leadership skills. Write and talk about something you worked very hard to achieve! Click the link for more details. Click Here