

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

WEDNESDAY, OCTOBER 14TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Health & Motivation	Healthy Living	Healthy habits can mean a lot of different things starting from physical, emotional and mental. I want to share a wonderful video that talks about 10 effective ways to reduce our sugar levels in our body. Click here
Education	Art	Have some old shoes you no longer use? Shoes that you've always wanted to customize? Why don't you grab that pair of shoes you've always wanted to decorate and follow along with this video that will show you exactly how to do that. Make sure to do this in a designated area that can be cleaned up easily. It might be a little messy, but super fun! Click Here
Leadership	Leadership	Watch this video on how to overcome "Stinkin Thinkin". A concept to optimize positive thinking, this can help grow your leadership skills in return. Click Here