

GREAT FUTURES START HERE.



**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, OCTOBER 22ND, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Health & Motivation	Healthy Living	The secret of becoming mentally strong? This video talks about the challenges that every person faces at least once in their lifetime. Learn how to embrace our losses and how to become stronger after those losses. Click here
Leadership	Take The Lead	Make Your Bed speech-US Navy Admiral, William H. McRaven, delivers a speech about the importance of doing the little things like making your bed, embracing the fears of life, and changing the world for generations to come. Click Here
Sports & Recreation	Recreation workout	Love to play soccer and love to play golf? Why not combine the best of both worlds and play foot-golf! Watch this video to learn how to play foot-golf. You can even play right at home, with household equipment. Click Here