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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, NOVEMBER 2ND, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Health & Motivation	Healthy Living	A quick 10-minute workout before getting to bed can be beneficial to our health. I hope you all enjoy it. Click Here
Leadership	Take the Lead	Luvvie Ajayi isn't afraid to speak her mind or to be the one dissenting voice in a crowd, and neither should you. "Your silence serves no one," says the writer, activist and self-proclaimed professional troublemaker. In this bright, uplifting talk, Ajayi shares three questions to ask yourself if you're teetering on the edge of speaking up or quieting down--and encourages all of us to get a little more comfortable with being uncomfortable. Click Here
Sports & Recreation	Sports	Join in on this 5-minute workout! Have fun and get active. Click Here