

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

WEDNESDAY, NOVEMBER 4TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Health & Motivation	Healthy Living	In this activity you will make affirmation jars with Ms. Mia. Affirmation jars are a great way to help fight off negative thoughts and to create positive energy for yourself and your surroundings. Make as many affirmations as you like! Click here
Leadership	Leadership	Do you know how to do your laundry? If not let's watch this video and learn how to wash clothes. Once you have learned this you can wash clothes for your family members. Click Here
Sports & Recreation	Recreation workout	Improve your quickness, explosiveness, and first step take off with this basketball training video. Pay close attention to detail, and practice over and over to perfect the technique. The harder you work, the better your results will be. Click Here