

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

WEDNESDAY, DECEMBER 23<sup>RD</sup>, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Healthy Habits</b>	Health & Wellness	<b><u>Hydrating Challenge</u></b> Drinking water is important for and Health! I challenge you to drink a cup of water as soon as you wake up and before bed. You will then talk about how drinking water has changed your mood throughout the day.
<b>Academic Success</b>	Get Crafty! Arts	<b><u>Yogurt art</u></b> Practice healthy habits and get artsy with a delicious snack! Take some yogurt and pour a few scoops into a bowl. Then take some berries (make sure you wash them first!), toppings like granola or coconut shreds, and some chocolate chips or almonds and start creating your picture!
<b>Academic Success</b>	Education	<b><u>Cotton Ball Launcher:</u></b> Have you ever stretched and launched a rubber band at someone? Put that energy to good use and build a rubber band-powered cotton ball launcher in this fun activity! <a href="#"><u>Click Here</u></a>