

GREAT FUTURES START HERE.



**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

WEDNESDAY, DECEMBER 16TH, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Workout Challenge	Check out this standing only, 10-minute Core workout that is quick and effective. Click Here
Arts	Get Crafty! Arts	In today's art activity, Ms. Kim shows us how to paint with ice and food colors. Show us what you can do and tag us on your social media. Click Here
Health & Wellness	Stress Management	It's important we take time to practice daily meditation and breathing techniques to focus on our well-being. Click Here