

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS  
OF CARSON**

**BGCC VIRTUAL PROGRAM: HIGH SCHOOL**

**WEDNESDAY, DECEMBER 2<sup>ND</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Workout Challenge	Check out this standing only, 10-minute HIIT workout that is quick and effective. <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Mental Health	In this Healthy Habits lesson, Ms. Wendy discusses what mental health is and how it can positively impact your life. <a href="#">Click Here</a>
<b>Character and Citizenship</b>	Leadership	Who are you?.. No, really, who are you? What makes you, you? Psychologists like to talk about our traits, or defined characteristics that make us who we are. Join Brian Little as he dissects the surprising differences between introverts and extroverts and explains your personality. <a href="#">Click Here</a>