

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, DECEMBER 7<sup>TH</sup>, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Safe Exercises	This video discusses the benefits of doing push-ups on the regular. How often do you do push-ups? They're among the most basic exercises invented. So let's get started. <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	Leadership	In this video, Ms. Lauren discussed 5 ways to boost your self confidence. Learn how to celebrate yourself, focus on learning, and being active.  <a href="#"><u>Click Here</u></a>
<b>Health &amp; Wellness</b>	Health Care	With quarantine getting in the way of self care opportunities, this is a DIY pedicure video. Learn how to clean, prep, shape, paint, and polish your nails at home. Remember this is a judgement free zone!  <a href="#"><u>Click Here</u></a>