

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**TUESDAY, DECEMBER 15<sup>TH</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Health &amp; Motivation</b>	Health and Motivation	Hair, how does it work? How does it grow? Let's learn a little about it with Chloe and the Nerb! <a href="#">Click Here</a>
<b>Academic Success</b>	DIY Craft	For this craft you will need: Disposable cup (the red ones) Scissors Next step you must cut the cup 8 times into strips make sure you leave 1/3rd of the cup uncut. (the bottom) Then just spin and Have fun! (spin while holding the bottom of the cup)
<b>Sports &amp; Recreations</b>	Physical Wellness	Home fitness workout! <a href="#">Click Here</a>