

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS  
OF CARSON**

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, DECEMBER 9<sup>TH</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Health &amp; Motivation</b>	Health & Motivation	In this Healthy Habits lesson, Ms. Wendy discusses what five actions you can do to eat healthier and have a balanced diet. <a href="#">Click Here</a>
<b>Academic Success</b>	DIY Craft	So, What Are These Things Called “Soft Skills”? Soft Skills’ is a catch-all term referring to various behaviors that help people work and socialize well with others. In short, they are the good manners and personality traits needed to get along with others and build positive relationships. <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Recreation workout	This is a 1-hour full body workout at home with no equipment, no jumping, low impact and apartment friendly. The tempo is SLOW. Slow everything down to really increase intensity in a different way. Ensure you relax in the holds and breathe! <a href="#">Click Here</a>