

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, JANUARY 4TH, 2021

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Ab Workout	Check out this lower body workout with Madfit using the song Can't Stop the Feeling by Justin Timberlake. Click Here
Health & Wellness	Stress Management	In need of a happy place? Happy Music is a place where you can find all kinds of Happy music: Uplifting, Inspiring, Motivational, Positive, Joyful, Happy Music, and much more. Enjoy! Click Here
Arts	Get Crafty! Arts	Today's Girls Code activity Ms. Kim teaches how to make candles with crayons. Show us what you can do and tag us on your social media. Click Here