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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

THURSDAY, DECEMBER 31ST, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff
Academic Success	Stress Management	Too much stress in your life causes headaches, high blood pressure, tummy aches, memory loss and all other kinds of nasty stuff. But, how can you tell if you are showing stress symptoms? Check out this video for advice on how to tell when you're stressed out and simple tips to relieve tension quickly. Click Here
Arts	Mandala	Have fun with this online coloring of Mandala. You can also save your picture and share with your friends or print a blank coloring and create your picture of Mandala with your own coloring box. Click Here
Character and Citizenship	Leadership	Making a Vision Board to discover your passions. An easy ten step tutorial on how to make a vision board. Click Here