

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: HIGH SCHOOL
MONDAY, FEBRUARY 1ST, 2021

Welcome!	Introduction	Daily Introduction from BGCC staff
Sports & Recreation	Push ups	Can't do push ups? Let's break down how to modify the push up so you can build up to picture perfect reps from your toes not to mention avoid neck, shoulder, upper back and even LOWER BACK aches and pains. Click Here
Arts	Get Crafty! Arts	Drawing tutorials and how to shade realistic pencil portraits, here are 3 things you'll need to learn. Click Here
Health & Wellness	Mental Health	Words on Mental Health: Mental health refers to behavioral- how people behave, cognitive- how people think, and emotional- how people feel. Ms. Lauren shines a light on Mental Health by sharing some quotes. Click Here