

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

MONDAY, FEBRUARY 15<sup>TH</sup>, 2021

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Health &amp; Motivation</b>	Mindfulness	In this hair tutorial, learn how to do two easy cornrow braids today! In clear and easy steps that are perfect for beginners, learn how to cornrow your own natural hair. <a href="#">Click Here</a>
<b>Academic Success</b>	DIY Craft	Here are 10 Art Ideas for how you can use your extra time to expand your creativity! Many of these art ideas will also help you improve your art skills, as well as stop you from being bored at home! <a href="#">Click Here</a>
<b>Leadership</b>	Take the Lead!	In this video, Ms. Lauren discusses how to beat performance anxiety. Learn what performance anxiety is, the signs, and what practices help. <a href="#">Click Here</a>