

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, FEBRUARY 3<sup>RD</sup>, 2021**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Education</b>	How it works!	Come on a short journey to experience self-awareness and understand how powerful the practice of meditation can lead to live a healthy/happy life. <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Health & Motivation	Train your mind to stop and prevent yourselves from overthinking. Learning how to control the process of overthinking can help you become an even greater leader! Get your mind on your side! <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Sports	Love to play tennis, but having a hard time playing due to Covid-19? Well, here's a slight solution! Watch this video that teaches you how to put a table together to play table tennis. All you need are simple materials laying around the house. Let's see how many rounds you can win against your friends and family! <a href="#">Click Here</a>