

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

THURSDAY, FEBRUARY 4TH, 2021

Welcome!	Introduction	Daily Introduction from BGCC staff
Health & Motivation	Healthy Living	<p>The secret of becoming mentally strong? This video talks about the challenges that every person faces at least once in their lifetime. Learn how to embrace our losses and how to become stronger after those losses.</p> <p><u>Click Here</u></p>
Leadership	Take the Lead	<p>Make Your Bed speech-US Navy Admiral, William H. McRaven, delivers a speech about the importance of doing the little things like making your bed, embracing the fears of life, and changing the world for generations to come.</p> <p><u>Click Here</u></p>
Sports & Recreation	Sports	<p>Love to play soccer and love to play golf? Why not combine the best of both worlds and play foot-golf! Watch this video to learn how to play foot-golf. You can even play right at home, with household equipment</p> <p><u>Click Here</u></p>