

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

FRIDAY, APRIL 9TH, 2021

Welcome!	Introduction	Daily Introduction from BGCC staff
Healthy Habits	Sports & Recreation	Help get your kids moving with you this winter with this fun, quick workout! Play music with this workout on any device by going to our website. Press play on a playlist at the bottom of the page, then start your workout. Equipment: None! Movements: Frog Jump Plank Pushup on Click Here
Academic Success	Get Crafty! Arts	<u>Yogurt art</u> Practice healthy habits and get artsy with a delicious snack! Take some yogurt and pour a few scoops into a bowl. Then take some berries (make sure you wash them first!), toppings like granola or coconut shreds, and some chocolate chips or almonds and start making a picture! You can make a happy face with raspberries as eyes and blueberries as the mouth or you can get even more creative and make some clouds with the coconut shreds, some sand with the granola, and use half a strawberry or an orange slice as a setting sun! Take a picture of your snack and share it using #BGCCARSON with parents permission and enjoy!