

GREAT FUTURES START HERE.



BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL

WEDNESDAY, MARCH 17TH, 2021

Welcome!	Introduction	Daily Introduction from BGCC staff
Health & Motivation	Health and Motivation	In this Healthy Habits lesson, Ms. Wendy discusses what five actions you can do to eat healthier and have a balanced diet. Click Here
Academic Success	DIY Craft	So, What Are These Things Called “Soft Skills”? Soft Skills’ is a catch-all term referring to various behaviors that help people work and socialize well with others. In short, they are the good manners and personality traits needed to get along with others and build positive relationships. Click Here
Sport & Recreation	Recreation workout	This is a 1-hour full body workout at home with no equipment, no jumping, low impact and apartment friendly. The tempo is SLOW. Slow everything down to really increase intensity in a different way. Ensure you relax in the holds and breathe! Click Here