

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: ELEMENTARY SCHOOL

WEDNESDAY, APRIL 21<sup>ST</sup>, 2021

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Healthy Habits</b>	Health & Wellness	<b><u>Hydrating Challenge</u></b> Drinking water is important for and Health! I challenge you to drink a cup of water as soon as you wake up and before bed. You will then talk about how drinking water has changed your mood throughout the day.
<b>Academic Success</b>	Get Crafty! Arts	<b><u>Yogurt art</u></b> 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!
<b>Academic</b>	Education	<b>Cotton Ball Launcher:</b>