

**GREAT FUTURES START HERE.**



**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**MONDAY, APRIL 19<sup>TH</sup>, 2021**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Academic Success</b>	DIY Craft	Feeling salty? Ms. Mia shows us how to make art with salt! Show us how crafty you can be with this spicy art style!  <a href="#">Click Here</a>
<b>Sports &amp; Recreation</b>	Workout	Watch this Yoga meditation that will focus on your neck, shoulders and upper back. This is a great way to focus on your joints and muscles to get instant relief. Make sure to follow along and always keep proper form  <a href="#">Click Here</a>
<b>Leadership</b>	Leadership	Do what makes you happy! Please watch this TedxTalk by Sam Berns, a high school junior who achieved highest honors while living with a rare disease  <a href="#">Click Here</a>