

WELCOME TO THE BGCC VIRTUAL CLUB

# HIGH SCHOOL MONDAY

## MORNING / HEALTHY LIFESTYLE CULTURE HERE AT HOME You don't have to travel far to experience a

### new culture. Lindy hop is a Black American

dance style that became popular in the early 1900s and is still danced all around the world today! https://swungover.wordpress.com/2013/10/02/swing-history-101-the-birth-of-lindy-hop-early-1900s-1929/

AFTERNOON / ACADEMIC SUCCESS

#### THE ART OF ORIGAMI! Origami is a traditional Japamese art form in which you make objects, animals, and other

### things out of paper! Read about the history of

origami and then choose some projects to try! https://www.origami-resource-center.com/free-origami-instructions.html EVENING / CHARACTER AND LEADERSHIP SPECIAL THEME ACTIVITIES

HIP HOP AROUND THE WORLD

#### Rap and hip hop often tell a story, and people all over the world have stories to tell. Even if

#### you can't understand what they're saying, let us know how it's similar and/or different to

American music in the comments! https://www.bbc.com/culture/article/20191016-the-greatest-hip-hop-songs-from-around-the-world

MORNING / ACADEMIC SUCCESS SPECIAL THEME ACTIVITIES

## Ever wondered why a friend or a classmates

parties!

#### way of life might be different from yours as far as traditions, communication, and even

CULTURAL DIFFERENCES AMONG TEENS

https://teens.lovetoknow.com/Cultural\_Differenc-

AFTERNOON / CHARACTER AND LEADERSHIP SUMMER BRAIN GAIN

LET'S TAKE A TRIP If you had a chance to visit and study another culture's tradition, customs or art, which one

### would you choose and why? https://www.youtube.com/watch?v=yyWLWtl7jMg

### Evening / Healthy Lifestyle

"QUARANTINE FIFTEEN" Check out the video to get a inside look and

take some time to learn about comfort food from around the world! Baked macaroni sounds delicious!

https://www.youtube.com/watch?v=T4NOt727wql

everyone should enrich their life with around the world travel. And while we're at it...all these reasons can also be taken as our motivation for doing what we do at AirTreks. https://www.airtreks.com/ready/17-reasons-why-trav-

## MEDNESDIY

# MORNING / HEALTHY LIFESTYLE

#### WHY TRAVEL AROUND THE WORLD We've compiled a list of the best reasons why

### el-is-good-for-you/ AFTERNOON / ACADEMIC SUCCESS

SPECIAL THEME ACTIVITIES

SUMMER BRAIN GAIN

THURGDIY

BACK TO SCHOOL What does school look like in different places around the world? the-world

Over the next 5 days take your family on a trip around the world. Full of virtual field trips,

EVENING / CHARACTER AND LEADERSHIP

#### stories, and adventures - we invite YOU to join PS family in exploring other countri our WC and cultures.

LET'S GO ON AN ADVENTURE!

MORNING / ACADEMIC SUCCESS Insane Beauty Standards in Different

There are many unusual beauty cultures all

AMAZING TRADITIONS AROUND THE WORLD

Traditions has been around for centuries. This video will get you insight and inspire you will

AFTERNOON / ACADEMIC SUCCESS SUMMER BRAIN GAIN

https://youtu.be/1Xy-K79QB7k

https://youtu.be/yyWLWtl7jMg

over the world. Check this out!

https://youtu.be/EfAdrZdis8c

EVENING / CHARACTER AND LEADERSHIP SPECIAL THEME ACTIVITIES

all the traditions around the world.

FRIDAY MORNING / ACADEMIC SUCCESS SPECIAL THEME ACTIVITIES

HOW TO KNOW IF A COLLEGE'S CULTURE IS A

Do you find yourself wondering, "What college should I go to?" based on the culture of the

https://www.collegeraptor.com/find-colleges/articles/col-

DIFFERENT CULTURES AROUND THE WORLD This video will show you the great arts, cultures, and traditions all over the world.

lege-search/how-to-know-if-a-colleges-culture-is-a-good-f it-for-you/

GOOD FIT FOR YOU

institution?

preneurship

### AFTERNOON / CHARACTER AND LEADERSHIP SPECIAL THEME ACTIVITIES ANCIENT TRADITION MEETS FASHION Combining ancient designs, traditional skills

and a modern approach to fashion and entre-

https://www.youtube.com/watch?v=-w7dBg9GIL8 Evening / Healthy Lifestyle

5 MINUTE MEDITATION

Reset your day in a positive way in just 5

mintues https://www.youtube.com/watch?v=inpok4MKVLM

**ACADEMIC SUCCESS** 

CHARACTER & LEADERSHIP **HEALTHY LIFESTYLES**