

Monday:

10am – Mindfulness with Huma and Samina

11am – Cooking Quesadillas with Joy, Juana and Jinal (materials needed – attached to this email)

1pm – Scrapbooking with James and Priyank (materials needed – attached to this email)

2pm – Dance Time with Kieva and Pragna

Tuesday: Facebook Live

10AM – Mindfulness with Shamlee

11AM – Arts and Crafts (Calming Down Jar – all you need is Glitter Glue and a Water bottle – plastic, preferably a Voss bottle which can be from ANY grocery store)

1PM – Gardening Indoors 101 (any flower seeds – we are using Marigold, a planting pot – any size, a watering can – a cup will do just fine, and potting soil – regular soil is more for outdoors – we are doing this indoors)

2PM – Tae Kwon Do with Ankur

Wednesday:

10AM – Mindfulness with Joy, Jinal, and Juana

11AM – Current Events with James and Priyank (materials needed – attached to this email)

1PM – “Simon Says” with Huma and Samina

2PM – Origami creations with Kieva and Pragna (materials needed – attached to this email)

Thursday: Facebook Live

10AM – Mindfulness with Shamlee

11AM – Arts and Crafts with Shamlee and Ankur (Paper Tree – colored paper, glue and scissors are needed) – we will discuss: when you look outside, how many different types of trees do you see?

1PM – Tae Kwon Do with Ankur

2PM – Piano lessons with Shamlee (we will learn Happy Birthday on the piano together – if you have a keyboard, you can follow along – there is an app on phones called Perfect Piano that will show you a piano with all the keys on it and it is free too!)

Friday :

10AM – Mindfulness with Kieva and Pragna

11AM – Show and Tell with Huma and Samina (materials needed – attached to this email)

1PM – Arts and Crafts with Joy, Jinal and Juana (materials needed – attached to this email)

2PM – Introduction to Journalism with James and Priyank (materials needed – attached to this email)