

Monday:

10am – Mindfulness with Joy, Jinal and Michelle

11am – Cooking Lentils with Kieva and Pragna (you will need lentils – any kind, tomatoes, an onion, spices – pepper, herbs, chili powder, and salt)

1pm – Building a Scrapbook (Day 2) with James and Priyank (you will need paper, pencils / pens / colored writing utensils, photographs, scissors, magazines / newspapers)

2pm – Social Skills with Huma and Samina (interactive game)

Tuesday:

10AM – Mindfulness with Huma and Samina (AnyMeeting Link)

11AM – Arts and Crafts with Shamlee (FB Live) (you will need red paper, green paper, glue and scissors – it would also be beneficial to have a small thin stick, such as a dowel for example)

1PM – Gardening (vegetables) with Shamlee (FB Live) (you will need a planting pot (any size), vegetable seeds, water, and potting soil)

2PM – Tae Kwon Do with Ankur (FB live)

Wednesday:

10AM – Mindfulness with Kieva and Pragna

11AM – Prevocational Skills with James and Priyank (Typing and PowerPoint) (you will need your computer)

1PM – Life Skills (hygiene, cleaning and hand washing) with Joy, Jinal and Michelle

2PM – Creative Expressions (Dance movement) with Huma and Samina

Thursday:

10AM – Mindfulness with Kieva and Pragna (AnyMeeting Link)

11AM – Arts and Crafts with Shamlee (you will need old bottles, such as a milk bottle preferably, something with a handle and recyclable, tissue paper, scissors, glue, markers and anything to decorate)

1PM – Tae Kwon Do with Ankur (Facebook Live)

2PM – Music Skills with Shamlee (Facebook Live) (use your piano or watch and have fun)

Friday :

10AM – Mindfulness with Joy, Jinal and Michele

11AM – Show and Tell with Huma and Samina (bring in any item that means something to you, beginning with the letter B)

1PM – Social Skills with Kieva and Pragna (bring in coloring supplies and coloring paper as well)

2PM – Journalism (Day 2) with James and Priyank (you will need pencil and paper again)