

ASPIRE - Enrichment Program

NUSD Schools :
Lincoln Elementary & Sewa Partnership

Mindfulness - Yoga & Breathing

Monday (2:45- 3:45) and Friday (1:45- 2:45)

An interactive mindfulness class utilizing secular guided mindfulness practices and mindful breathing exercises to help your kids become calmer, more focused, and learn to regulate their emotions.

Mindfulness practices prepare students to be in a learning-ready mind state, it teaches them how to focus their full attention on one thing at a time. It helps students to increase their focus & concentration;

helps them to manage their emotions and calm themselves in any difficult situations.

Teacher : Uttara Natarajan & Team



International GEOGRAPHY BEE - GeoBee

Thursdays 2:45 -3:30



The USA Division of the International Geography Bee was founded in 2016 to give primary and secondary students in the USA a chance to compete at the regional, national, and global levels in a new academic competition testing comprehensive knowledge of world geography.

https://en.wikipedia.org/wiki/National_Geographic_Bee

Teacher : Uttara Natarajan & Team

Robotics:

Group A -Tuesdays 2:45 - 3:30

Group B - Fridays 2:15 - 3:00 (TBD)

Minimum \$50 donation/fee for materials



FIRST LEGO League introduces science, technology, engineering, and math (STEM) to children ages 4-16* through fun, exciting hands-on learning.

Participants gain real-world problem-solving experiences through a guided, global robotics program, helping today's students and teachers build a better future together.

<https://www.firstinspires.org/robotics/fl>

Poornima Jagadeesh & Sewa Team

(Sewa in partnership with RISE Foundation)



Creative Art - **Wednesdays 2:45 - 3:30**



This combination class offers children a sampling of art projects using various media such as painting, watercolors, collage, and pastels. It is amazing what you can create when you explore with your imagination.

Dhruthi & Friends passionate HighSchool students will be teaching this class along with Sewa team