

MySTEAM Lab - Grade 1 and Above Daily Schedule

Before School Program (7:00 AM - 8:20 AM)

- Calm Minds, Ready Bodies
- Guided meditation and journaling
- Breakfast club, brain games, intention boards

After School Program (2:55 PM - 6:00 PM)

- 3:00 - 3:30 PM: Welcome & Snack, mindfulness check-in
- 3:30 - 4:30 PM: Adventure Hour - gym, sports, nature
- 4:30 - 5:00 PM: STEAM Studios - robotics, science kits, architecture
- 5:00 - 5:30 PM: Creative Collective - arts, music, theatre
- 5:30 - 6:00 PM: Chill Zone - board games, journaling, crafts

Weekly Themes:

- *Mindful Mondays*
- *Tinkering Tuesdays*
- *Wellness Wednesdays*
- *Thinking Thursdays*
- *Fun-Filled Fridays*

Bonus Clubs:

- *Junior Entrepreneurs Club*
- *Eco-Warriors*
- *Art Club*
- *Tech Time Tuesdays*