

Team S.O.A.R



TEAM S.O.A.R.
Service, Optimism, Awake & Ready!

An Online Club to Inspire, Uplift and Awaken
The Joy in Children

- * Singing & Chanting
- * Stories
- * Awake and Ready Exercises
- * Arts, Crafts (and Cooking!) projects
- * Sharing inspirational videos
- * Breathing techniques, short meditations & prayers

Especially for ages 6–12, but everyone is welcome

Timings: Sundays, 4:30 - 5:15 pm

RSVP: Please confirm your participation at:
<https://forms.gle/KNxW8WxYqmSbnuNf6>

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Ninth-Grade student from Gurgaon, India, Manmohini Tiwari (and God-daughter of Nayaswami Kabir) recently had the inspiration to be of service to the children of Ananda (and others) during this time of challenges. In discussion, she came up with the name, TEAM S.O.A.R., which stands for “Service, Optimism, Awake & Ready!” The goal of this weekly online event is to help children feel inspired, uplifted and strong during the challenges that are being facing now.

The first TEAM SOAR meeting was held last Sunday, with over 70 children participating! Through ZOOM, the children (and parents too!) heard stories, sang a song, practiced yoga, breathing exercises and meditation, and did some positive and encouraging art-work, which they shared through the TEAM SOAR WhatsApp group.

Next week’s theme is on service to others. Week by week, we’ll continue to build on the practices and activities that will bring peace and strength to their minds and a song to their hearts.

The feedback was beautiful, with many parents writing that their children were happy for the whole evening — singing, practicing affirmations and Awake and Ready exercises, and drawing pictures

to be shared with others. These teachings truly work wonders!

With warm regards, Nayaswami Kabir