



CS 154 Community School Newsletter

Hello CS 154 Community,

In this week's newsletter, we wanted to share some fun resources for families and children of all ages to try. Please enjoy the activities included below, and don't forget to share what you are doing at home! We'd love to see your pictures, art work, and stories, and showcase your work in our next newsletter.

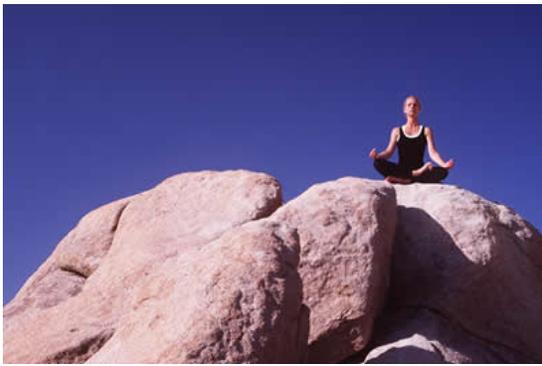
Share Corner



How are you spending your time? Send pictures or videos of your work to the email below to be featured in the upcoming newsletters and on our school's [Twitter page!](#)

reach-elo@tc.columbia.edu

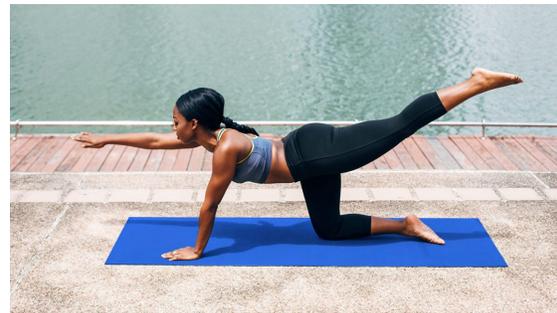
Health and Wellness: Combating Stress



[Kids Bedtime Meditation Video](#)

[Mindfulness Resources for Calming](#)

[Mindful Breathing Exercise](#)



[Mountain Yoga Pose Video](#)

[Side Stretch Yoga Pose Video](#)

[Daily Yoga Poses](#)

[Yoga Resources](#)

Virtual NYC Experiences

Enjoy a virtual tour of the [Botanical Gardens](#)

Learn about [Medieval Knights](#)

Visit the Met's [Great Hall](#)

Check out the NYC [Symphony](#)

Take a Julliard Dance Class: [Here](#)



Dance at Home

Below are some Dance activities that can be done at home as individuals or groups

[Ballet Exercises](#)

[5 Min Capoeira](#)

Art

Here is a simple art project that can be done by anyone!

- Egg Carton Baby Chick (Easy)

Supplies: scissor, empty egg carton, glue, paint *or* markers

1. Cut apart two egg holders from an empty egg carton
2. Glue the two pieces together, one on top of the other
3. Use paint or markers to color the egg
4. Make a beak and eyes either with paint or markers (you can also use paper!)
5. Take a picture of your baby chick or take a selfie with the chick on your shoulder!

- Egg Carton Turtle (Hard)

Supplies: 1 scissor, 1 empty egg carton, 4 bottle caps, 1 pom-pom/cotton ball, 1 glue stick, paint *or* markers

1. Cut apart one egg holders from an empty egg carton
2. Use paint or markers to color the egg
3. Glue four bottle caps to the sides of the egg holder, two on each side
4. Decorate the pom-pom or cotton ball with paint or markers to look like the turtle's head
5. Glue the pom-pom/cotton ball to the egg carton
6. Take picture of your turtle or take a selfie with the turtle on your shoulder!

[Example of final product](#)

Writing Prompt: "Virtual Reality" - Create Your Own Website!

If you could design a brand new website, what would it look like?

What would it be about?

Who would the audience be?

1. Jot down your ideas about what information your website would contain (is it about you? Is it about something you're an expert in?) and who you think might be interested in visiting your site.
2. Then, on a blank piece of paper OR on your computer, design your own colorful homepage —feel free to draw diagrams, icons, text boxes, whatever makes your website pop.
3. Don't forget to share it with us at: reach-elo@tc.columbia.edu

Don't forget to share writing, pictures or videos of your work or creative

projects to be featured in an upcoming newsletter: reach-elo@tc.columbia.edu or on our school's [twitter page!](#)

This newsletter was supported by our lead CBO partner, Teachers College REACH. Raising Educational Achievement Coalition of Harlem (REACH) is dedicated to providing community school supports to our students and families, including high-quality academic and extracurricular programming.

