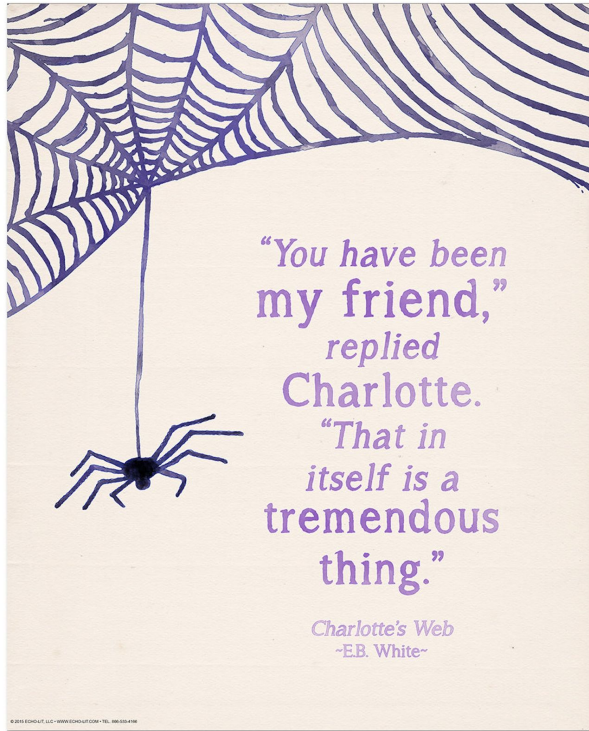


Friends Center for Children

EMBRACE DIVERSITY
ENGAGE COMMUNITY
INSPIRE TEACHERS
EMPOWER FAMILIES
EDUCATE CHILDREN



Dear Families,

Thank you for being our friends, and continuing to learn and grow with us. We have had so much fun launching and sharing our brand new, pilot I/T and Preschool “Teachology” Programs with you. We thank you all who have joined in so far, and look forward to seeing even more of you during the remaining time that we spend together, yet apart. We will continue to send our weekly Wednesday Activity Letters, as well as these letters to you each Friday. Separately, Teaching Teams will be reaching out with Virtual Morning Meetings, as well as one-on-one outreach, calls and check-ins with you and your family. We love and miss you all!

Yours in hope,

The FCfC Team

[EchoLiteraryArts](#)



New Videos Up on The [FCfC YouTube Channel Here!](#)

Exploring Shadows: [Exploring Shadows - NAEYC](#)

[Exploring the Shadow Screen with Jenn from Pod 1, East Grand](#)



[READ ALONG with MICHELLE OBAMA! | Oh, the Places You'll Go! / Can I Be Your Dog? | PBS KIDS](#)

A Note from EWBC:

**“Until we get equality in education, we won’t
have an equal society.”**

-Sonia Sotomayor (first Hispanic and Latina Associate Justice of the Supreme
Court)



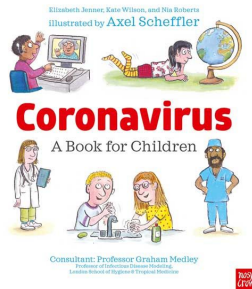
Awareness/Advocacy

Tips for video chatting with young children: [Tips for Chatting with Young Children](#)



National Association for the
Education of Young Children

We invite you to check out this [child-friendly COVID-19 guide](#),



as well as,

[more activities with some of our favorite characters!](#)



East Grand Avenue Bridge Rehabilitation Update



Mindfulness Moment

Home - Day 5 - Soften | 30 Days of Yoga With Adriene

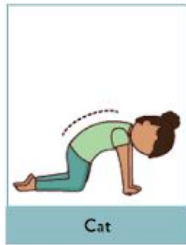


Sitting more than usual?

Give your back and neck a break with some simple, Cat and Cow Mindfulness Poses

(You can even do these in your chair!)

CAT AND COW Mindfulness Poses



For cat pose, while in the tabletop position, round the back and tuck the chin into the chest. For cow, sink the belly toward the floor and arch the back, looking up. Feel free to alternate between the two poses. (Meowing and mooing are optional, but strongly encouraged.) These are typically used as warm-up exercises for the spine.



Mind Full, or Mindful?

Either way, it's okay. Just remember to make some time to breathe...You got this!

