



FOR IMMEDIATE RELEASE

Contact: Jennifer Dudley
718-273-2060 ext. 150
jdudley@sichildrensmuseum.org

Time to Chill Out and Relax in August with Summertime Programs at the Staten Island Children's Museum

July 25, 2019—Ahhh, summertime! Staten Island Children's Museum visitors will get in some last days of rest and relaxation during special August programs and events.

Learn what it takes to reach nirvana during the **Mini Meditations** workshop presented by the [Compassion Center](#) on Saturday, August 3 at 2:00 pm.

What happens to our bodies when we are asleep? The August [Con Edison](#) *Second Saturday Science!* workshop will explore this and then have participants try to interpret their dreams during the **Science of Sleep** session on Saturday, August 10 from Noon - 1:00 pm. The workshop is free with admission and limited to 25 attendees.

Sticking your head in the clouds is encouraged during the **Cloud Gazing** sessions on Saturday, August 17 and Sunday, August 18 from Noon – 3:00 pm. Visitors will stretch out on the grassy Meadow in front of the Children's Museum, gaze up at the sky and draw what they see.

Mindfulness will be achieved through gentle play and stretching exercises as **Lil' Yogis** are guided by the [Be Yoga Dance Studio](#) on Sunday, August 25 from 1:00 – 2:00 pm.

Young chefs will learn which healthy (and delicious!) foods can promote a sense of calm and ease stress during August's [ShopRite](#) **Kidz Cook** sessions on Fridays at 3:00 and 4:00 pm. Recipes will include strawberry kiwi quinoa parfait, guacamole, and a blueberry oatmeal smoothie. Tickets for the sessions will be available at the front desk.

The **Weekday Art Studio** will demonstrate scribble drawings, often used as an art therapy method to soothe those feeling restless. Artists will create their own chaotic illustrations to help reach a tranquil state. The Studio will be open Wednesdays and Thursdays from 1:30 – 4:30 pm.

-more-

In addition, the month's **Weekend Art Studio** will be open from 1:00 - 4:00 pm on Saturdays for time to "Paint, Stamp & Draw" and on Sundays to "Sculpt & Shape."

Also in August - the **Play Café** is back! Parents and caregivers will get to socialize while children, ages 3 – 6, engage in fun activities guided by Children's Museum staff on Friday, August 9 from 10:00 – 11:00 am. Pre-registration is required; those interested should email jdudley@sichildrensmuseum.org to reserve their spot.

Boogie Woogie Wednesday Continues in August

Visitors will enjoy a different musical, cultural or dance performance each week during *Boogie Woogie Wednesday!*

On Wednesdays in August, the Children's Museum will offer free admission beginning at 5:00 pm. Visitors can explore the Children's Museum exhibits, make crafts and stop by story time with Literacy INC. from 5:00 – 7:00 pm. Then it's time to head outside to the *Sea of Boats Amphitheater* for the show.

Here's the August performance schedule:

August 7: Brazilian Drumming with [Fogo Azul NYC](#)

August 14: [Staten Island Philharmonic](#)

August 21: American Hip Hop with [Johnea Dupont](#)

August 28: Broadway Style Dance with [Walter Rutledge](#)

Boogie Woogie Wednesday is supported by the [Staten Island Delegation of the NYC Council](#), [NYC Cultural Affairs](#), [Dunkin'](#) and [Literacy INC.](#)

Free Admission Hours for August

Free admission hours for August are Wednesdays from 5:00 – 7:00 pm.

The Staten Island Children's Museum is a Blue Star Museum, offering free admission to active and reserve military personnel and their families all summer until Labor Day, Monday, September 2.

About the Staten Island Children's Museum

The Staten Island Children's Museum is located on the grounds of Snug Harbor Cultural Center & Botanical Garden, 1000 Richmond Terrace, Staten Island, NY 10301. For information and Museum hours, call 718-273-2060, email info@sichildrensmuseum.org or visit sichildrensmuseum.org.

The Staten Island Children's Museum is housed in a building owned by the City of New York and its operation is made possible, in part, with public funds provided through the NYC Department of Cultural Affairs with support from the Staten Island delegation to the NYC Council. Significant operating support is also provided by the NYS Council on the Arts, Corporations, Foundations, the Trustees and Members.

###