



COMPASSIONATE ARTS
REMAKING EDUCATION

High School Remote Learning Course Descriptions

COURSE	DESCRIPTION
CPH Theatre Production	Ever wondered about what goes on behind the scenes of a professional production? In this exploration series, students will talk and work with industry professionals covering a range of fascinating topics including costumes, lighting, sound, props, and more!
Mindfulness	CPH staff will lead exercises in mindfulness with students ranging from yoga to meditation to positive affirmations, all with the goal of helping students live their lives in a more mindful and healthy way. Engaging in your day-to-day activities using mindfulness can be a great tool for mental and physical health.
Skill to Pay the Bills	Do you know how to get organized, write a resume, or crush an interview? In this course, students will learn all the skills needed to “pay the bills” and land successfully in the career of their choosing.
Drama (CARE)	CARE is a theatre education program that uses techniques and exercises to help students develop empathy and broaden their understanding of each other and the world around them, empowering them with valuable tools that can be applied throughout their lives.
Fitness	CPH staff lead fitness activities that are suitable for the whole family. Courses include, but are not limited to High Intensity Training, Cardio, and so much more!
Theatre/Improv	At CPH, we believe every student has a place in theatre. Join this class to learn more about introductory concepts in theatre and improvisation.
Empowerment	It is important to teach our youth how to uplift one another. This course will allow students to learn more ways they can empower themselves and others through service, leadership, and teamwork.
American Sign Language	American Sign Language is a language used by the deaf community in the United States and Canada. Learn basic signs, fingerspelling, and ASL grammar in this hands-on class!