



MIDTERM EXAM WELLNESS OFFERINGS

Monday 1/14/19- Exams: 1 and 5
Tuesday 1/15/19- Exams: 2 and 8
Thursday 1/17/19- Exams: 3 and 4
Friday 1/18/19- Exams: 6 and 7

ALL wellness activities will run from 10:10-10:40 on the days they are offered.

<p>Therapy Dogs Location: Auditorium lobby Friendly dogs will be available to pet and play with, and anybody who has a dog knows there's no better way to relax. Monday Tuesday Thursday Friday</p>	<p>Milk and Cookies Location: Outside the main entrance of the guidance suite. Come enjoy a place to chat with friends and eat a cookie or three! Day(s) offered: Monday Tuesday Thursday Friday</p>
<p>Guided Meditation Location: 188 Guided Meditation will have an effect on your overall cognitive abilities, helping you to focus more, have more concentration, develop skills quicker, and increase your memory. Day(s) offered: Monday Tuesday Thursday Friday</p>	<p>Mindful Painting: Ben's Bells Kindness Coins Location: Principal's Conference Room (1025C) The mission of Ben's Bells is to teach individuals and communities about the positive impacts of intentional kindness and to inspire people to practice kindness as a way of life. Help to build intentional kindness in a fun way by painting some Kindness Coins! All are welcome to pop-in and paint! Day(s) offered: Monday Tuesday Thursday</p>
<p>Free Swim Location: Pool Come down for a quick splash to cool down and get your blood flowing before that second exam. Day(s) offered: Monday Tuesday Thursday Friday</p>	<p>Shoot Around Location: Field House Come down and shoot hoops with friends. Research shows that physical exercise can help prime your mind for greater success on an exam. Day(s) offered: Monday Tuesday Thursday Friday</p>
<p>Reading and Silent Study Location: Library A quiet space to read or focus on studying. Day(s) offered: Monday Tuesday Thursday Friday</p>	<p>Work it Out Location: Fitness Center The fitness center will be open to take advantage of any cardio, free weight or machine exercises. Day(s) offered: Monday Tuesday Thursday Friday</p>
<p>Badminton Tourney Location: Gymnasium Stop by to test your badminton skills and get your body and brain pumping in a round robin badminton tournament. All ability levels are welcome! Day(s) offered: Monday Thursday</p>	<p>Table Tennis Location: Fieldhouse Table Tennis (ping-pong) is considered one of <i>THE BEST</i> brain sports. And, it's fun. Day(s) offered: Monday</p>
<p>Acoustic Jam (Guitar, Mandolin, Banjo, Fiddle, Voices, Ukulele etc) Relieve stress and have fun while jamming out! Location: 3011 Day(s) offered: Monday Tuesday Thursday Friday</p>	<p>We hope you take some time to relax, stimulate your mind, and enjoy the wellness activities offered!</p>