

# October Stress Management Activities

No Experience or Skill Level Required!

Meets during office hours: 1:45-2:30

| <b><u>Tuesday</u></b>   | <b><u>Thursday</u></b>  |
|---|---|
| October 19th<br><i>Activity:</i><br>Mindfulness/Meditation<br>Location: E304      | October 21st<br><i>Activity:</i><br>Art therapy<br>Location: E203 |
| October 26th<br><i>Activity:</i><br>Yoga<br>Location: Meet in front of<br>the gym | October 28th<br><i>No Meeting</i>                                 |

**\*Please see Mrs. Willard in Room 200 if you have questions!\***

# November Stress Management Activities

No Experience or Skill Level Required!

Meets during office hours: 1:45-2:30

| <b><u>Tuesday</u></b>   | <b><u>Thursday</u></b>  |
|---|---|
| November 2nd<br><i>No meeting</i>   | November 4th<br><i>Activity:</i><br><i>Music-listening &amp; learning</i><br>Location: E304 |
| November 9th<br><i>Activity: Crochet/cross-stitch</i><br>Location: E115   | November 11th<br><i>Activity: Knitting</i><br>Location: E307                                |
| November 16th<br><i>Activity: Yoga</i><br>Location:                       | November 18th<br><i>Activity: Mindfulness practice</i><br>Location: E304                    |
| November 23rd<br><i>Activity: Run/Walk</i><br>Location: Meet by the track | November 25th<br><i>No meeting</i><br><i>Thanksgiving</i>                                   |
| November 30th<br><i>Activity: Art Therapy</i><br>Location: E203           |   |

**\*Please see Mrs. Willard in Room 200 if you have questions!\***

# December Stress Management Activities

No Experience or Skill Level Required!

Meets during office hours: 1:45-2:30

| <b><u>Tuesday</u></b>  | <b><u>Thursday</u></b>   |
|--|--|
|  | December 2nd<br><i>Activity: Mindfulness/meditation</i><br>Location:         |
| December 7th<br><i>Activity: Run/Walk</i><br>Location: Meet by the track | December 9th<br><i>Activity: Music-listening &amp; learning</i><br>Location: |
| December 14th<br><i>Activity: Yoga</i><br>Location:                      | December 16th<br><i>Activity: Art Therapy</i><br>Location: E304              |

**\*Please see Mrs. Willard in Room 200 if you have questions!\***