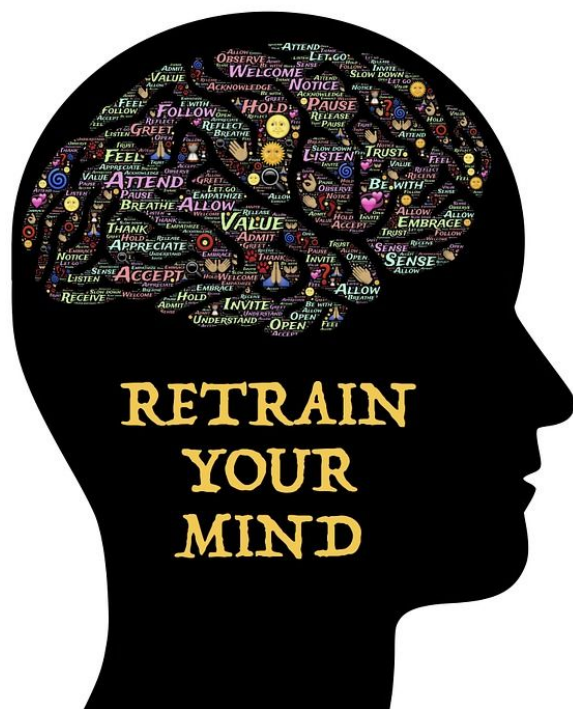


Practice Stress Resiliency for Midterms



7:30 -7:40 AM in Gym 3

Sponsored by the Wellness Department

Friday, January 18th Meditation in Gym 3

Mrs. Mazza will be leading a 10 minute meditation focusing on your breath. Meditation and breathing help in focusing your mind.

Tuesday, January 22nd Brain Wake-Up Exercises in Gym 3

Join Mr. Jones in Gym 3 to do a variety of exercises that are proven to wake up the brain before a huge mental challenge like midterms. Nothing too strenuous. A little jump rope and some eye to hand coordination games.

Wednesday, January 23rd Meditation in Gym 3

Ms. Shields will be leading a 10 minute guided meditation on progressive muscular relaxation.

Thursday, January 24th Brain Wake-Up Exercises in Gym 3

Join Mr. Jones in Gym 3 to do a variety of exercises that are proven to wake up the brain before a huge mental challenge like midterms. Nothing too strenuous. A little jump rope and some eye to hand coordination games.