

DE-STRESS FEST



November 12, 2009
11 a.m. - 3 p.m.

Giveaways

- ➔ Stress Balls
- ➔ Balloons
(One per test to blow up and pop when test is completed.)



activities on the Quad

- ➔ Adult tricycles to peddle away stress
- ➔ DJ
- ➔ Balloons
- ➔ Blowing bubbles
(Bubbles to practice good and healthy breathing. You can't stay mad while you blow a bubble.)

Taylor Center ROOM **230**

- ➔ 10 minute pseudo table messages
- ➔ Goodie bags
- ➔ Play dough
- ➔ Finger paints
- ➔ Coloring
- ➔ Shredders to shred away stress

