

Take a Study Break!

Recharge your mind and boost your creativity with these fun and relaxing activities at the Success Centre in the **Learning Commons (Massey Library)**!



SUDOKU & MANDALA FUN

Take a Moment for Yourself!

Stop by the **purple wall (Success Centre next to M107B)** and pick up Sudoku puzzles or Mandala colouring sheets. All are available outside of our offices against the wall. Take as many as you like and enjoy a stress-free study break!

THERAPY DOG VISITS

Watch the Student Newsletter or announcements for dates and times.

Should be April 14th, 16th and 20th.
From 6 – 7 p.m.



8

APR

WELLNESS WORKSHOP

7:30 p.m.

This workshop offers practical ways to introduce a mindful practice into your routine. EN & FR

In Massey 107C – Learning Commons other purple wall



16

APR

BOARD GAME & LEGO CAFÉ & MANDALA MURAL COLOURING

Any time between 12 – 4 p.m. & 6 – 8 p.m.

Drop by any time during these hours and take a calming break!

Learning Commons



9

APR

WELLNESS WORKSHOP

12:30 p.m.

This workshop offers practical ways to introduce a mindful practice into your routine. EN & FR

In Massey 107C – Learning Commons other purple wall



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APR

BOARD GAME & LEGO CAFÉ & MANDALA MURAL COLOURING

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Learning Commons



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APR

MEDITATION GROUP

Observe your mind and calm your nerves with a 25-minute mindfulness meditation led by a complete non-expert.

1st Session: **10 – 10:30 a.m.**

2nd Session: **2 – 2:30 p.m.**

Learning Commons



22

APR

BOARD GAME & LEGO CAFÉ & MANDALA MURAL COLOURING

Any time between 6 – 8 p.m.

Drop by any time during these hours and take a calming break!

Learning Commons



14

APR

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Learning Commons



15

APR

HIKE TO/AROUND FORT HENRY

Get some fresh air and exercise and clear your mind with a quick (and possibly muddy) hike up and around Fort Henry.

12 – 1 p.m.

Meet up in front of the Success Centre (purple wall) in the Learning Commons of the Massey Library.



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NEED A LITTLE SUPPORT WITH YOUR STUDIES?

Learning Advisors are available during these two weeks to help you prepare for exams and manage stress. Don't hesitate to stop by the **Success Centre** to meet with them!



Join us for fun, stress-relieving activities designed to help you feel calm, creative, and refreshed before exams!