

## Wellness Wednesday #4 Feb 10 – 14

Location	Wellness Session	Session leaders	Other info
Auditorium	Fun and Games – Audience participation needed	SRC leaders	"Laughter is the best medicine!" Free Smoothies as prizes!!!!
Cafeteria	<b>Cool Colouring</b> , relaxing music and healthy snacks	Nigel	Cool pics, pencil crayons and healthy snacks provided!!!
Gym	Basketball	David	No spectators, only participants Limit of 35 students.
Library	Love to Read!		Bring your favourite novel!
Library	Love to Draw!	Hunter	Let's draw some cool Valentine drawings!
Lecture Theatre	TV Show – Brooklyn 99	Leader needed	Start your day in a good mood with some hilarious comedy.
Art Room	"Cool Car" colouring	Carter	Car lover?? Come colour some cool pics of cool cars and discuss cars.
Room 203	Free Thought	Declan & Logan	Topic for discussion: "Education in NB"
Room 315	Dungeons & Dragons	Nathanial	Max 20 students
Fitness Room 128	"Pump It Up"	Drake	Working out in the Fitness Room – let's get ripped!!!
Fitness Room 129	Intro to Tai Chi	Lillian Wang – Teacher Assistant with Mandarin teacher	Tai Chi – A traditional Chinese exercise. Series of movements performed in a slow, focused manner accompanied by deep breathing.
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Room 304	Improv & Speaking games	Kameron &	Have fun learning how to do improv and
		Madlyn	other fun speaking games
Room 101	Air Hockey	Paige	Take on a friend in a good ole game of air
Woodworking			hockey
Room 207	Balloon Animals	Ryker	Learn how to make some cool balloon
			animals.
Room 209	Card Games: Poker,	Ethan &	Grab a friend and come and play some
	President, crazy 8's, etc	Gerry	"good ole card games"!!
			(25 max)
Lab 301	Gamers Club	Connor	"Get your game face on!!"
Room 216	Guitar Club	John	Beginners to Rock Stars welcome. Guitars
			provided.
Lab 222	Digital Art Creations	Elsa &	MS Paint, bring your own drawing tablet if
NEW!!		Joslynn	you have one, or your phone.
Room 300	Chess Club	Caleb & Jacob	Chess blitz tournament!!! With prizes 😊
Room 308	Offline Board games		Board games: jenga, cards, blokus or bring
	_		your favourite.
Room 218	Furry Friends #1	Clara	Meet "River" a fun and cute golden doodle.
Room 325	Furry Friends #2	Hannah &	Meet "Koda" the marvelous multi-poo! And
		Mark	"Benny" the beautiful Bernedoodle!!
Room 322	Furry Friends #3	Jaiden	Meet "Lilliana", Jaiden's beautiful cat!
Room 211	Furry Friends #4	Clara	Meet "Thor" Clara's cool Doberman and
	-		"Wally" Mr. Sprague Haye's wonderful
			golden doodle pup.
Room 206	Furry Friends #5	Kayleigh	Meet "Winston" The loveliest labradoodle.
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