

**October 14, 2019 In-Service Day**  
**Wellness Activities**  
**2:00-3:00pm**

*In order to care for others, we need to care for ourselves.*

Wellness Activities 2:00-3:00pm				
Open Sessions @ Big Spring Middle School	<i>Coloring for Relaxation</i> Self-Directed Rm 521 or 204	<i>Outdoor Walk*</i> Meet in MS Commons Self-Directed	<b><i>Bring Your Own Board Game</i></b> MS Commons Self-Directed	<i>Open Gym</i> (Badminton / Basketball) MS Gym/Outside
	<i>Relax with Reading</i> Self-Directed Rm 521 or 204	<i>Bulldogs Scavenger Hunt (Goose Chase)</i> Meeting in MS Commons	<i>Outdoor Games*</i> Upper Football Field	Yoga MS Wrestling Gym Terre Bonshock
	<i>Healthcare Follow-up Q&amp;A</i> LGI Robbi Ritter, UGI			
Open Sessions @ Other Locations	<i>Water Aerobics &amp; Open Swim</i> HS Pool Judy Schreiber	<i>Fitness Center</i> Self-Directed		
<b>Sessions that REQUIRE PRE REGISTRATION (via google form)</b>	<i>Bulldog Supper Club</i> Chartwells HS Cafeteria	<i>Bulldog Themed Canvas Art</i> Laura Shambaugh MS 604	<i>Bike Ride</i> Matt Kump HS Gym	

\*Outdoor activities are weather permitting.