

# Mental Health Week

Celebrate You: Building Confidence, Connection & Wellness

May 6- May 10, 2019



Session	Monday	Tuesday NO Tech Day! Period 1 Classes	Wednesday	Thursday	Friday
<b>@ Lunch</b>	<p><b>Come for a guided tour of Goodlife!</b> (Meet in Fitness Centre) Tour 1: 12:00 - 12:30 Tour 2: 12:30 - 1:00</p> <p><b>Dodgeball</b> Open gym/ pick up Gym 2</p> <p><b>MHW Photos Booth</b> (We will find you!)</p>	<p><b>Come for a guided tour of Goodlife!</b> (Meet in Fitness Centre) Tour 1: 12:00 - 12:30 Tour 2: 12:30 - 1:00</p> <p><b>Volleyball</b> Open gym/ pick up Gym 2</p> <p><b>Make Stress Balls/ Play with Play-doh</b> Cafeteria</p> <p><b>Come meet Bear, the Therapy Dog!</b> (Guidance Office)</p>	<p><b>Gratuity Wall- Come and show what you are grateful for!</b> Cafeteria</p> <p><b>Dodgeball</b> Open gym/ pick up Gym 2</p> <p><b>Come meet Manny and Finnegan, the Therapy Dogs!</b> (Library)</p>	<p><b>Basketball</b> Open gym/ pick up Gym 2</p> <p><b>Make Stress Balls/ Play with Play-doh</b> Cafeteria</p>	<p><b>Free energy Boost Smoothie Samples</b> (Room 302)</p> <p><b>Dodgeball</b> Open gym/ pick up Gym 2</p>
<b>After School</b>	<p><b>Yoga Nidra</b> (Fitness Centre)</p>	<p><b>Joga</b> (Gym 1 Stage)</p>	<p><b>Physical Activity</b> 3:30 (Fitness Centre)</p>	<p><b>Joga</b> (Gym 1 Stage)</p> <p><b>Nature Walk</b> 11:50 (Fitness Centre)</p>	