

TrailRuns - 3:15
Daily
Flagpole

Mental
Health
Books

Parliament -

Fulton 9:05 Wed 2/6

- Self- Compassion - TLC Student Center
- How to Help a Friend - Choir Room
- Handling Emotions Toolbox - Fulton
- Body Positivity - Black Box
- Procrastination & Anxiety - Disco
 - Freshman have already done this in Seminar
- Social Media Wellness - Board Room
- Nature Walk & Painting - Fulton Steps

US Lunch

- Nap Room - Board Room - Daily
- Dodgeball Mixer - Gym - Tues. 2/5 (Sign up with Kim)
- College-bound Athlete Reception - New Gym - Wed. 2/6
- Painting - Campus Center - Daily

Upper School Mental Health Week

Art helps express
emotion

Play is important
for your mental
Health

Covered
Mirrors -
because you are worth more
than your reflection

