

Kortschak Center *for*  
Learning and Creativity

*presents*

**FEELIN'**

**CONNECTED  
FRIDAYS**

Every Friday at **11-12pm PT** join us via zoom to experience a different social and creative outlet that will spark connection with peers, help you cope with stress, promote rejuvenation and allow you to discover new interests through meaningful activities!

**[HTTPS://USC.ZOOM.US/J/95019147813](https://usc.zoom.us/j/95019147813)**

• **FITTING EXERCISE INTO A BUSY SCHEDULE - APRIL 2ND**

- Come to explore light, fun ways to incorporate exercise into your daily schedule, as well as some brain-boosting benefits of exercise!

• **PET PARADE - APRIL 9TH**

- Finally, an opportunity to showcase your pets that are running/ swimming/ crawling around your house! Get excited to meet furry, slimy and shiny friends!

• **ONLINE OLYMPICS (GROUP GAMES) - APRIL 16TH**

-Engage in some friendly competition as we play multiplayer online games together including games such as pictionary, word puzzles and more!

• **BUILD YOUR FINALS TOOLKIT- APRIL 23RD**

- Learn how to address the physical, cognitive and emotional aspects of finals in order to finish the semester strong.

Note: No programming will be offered on wellness days (4/30)