

ETHS WELLNESS WEDNESDAYS SPRING 2024

January 24

Color A Smile: Color a pre-printed drawing that will be sent to senior citizens, troops overseas, and children in the hospital.

February 14

Valentine's Day Grams: Make a gram for a loved one!

March 6

Vision Boards: Create a visual representation of your goals.

March 27

Mandala Coloring: Relieve stress and increase focus with this relaxing art therapy!

May 8

Gratitude Cards: Improve your mental health and spread kindness by writing to people you are grateful for.

**During Tutorial in the
rETreat (Room 705)**

All are welcome to join!