

# Just Breathe

## May 31 – June 3, 2016

Pick up your **BREATHE Passport** at any **BREATHE** location – follow instructions to win a prize (while supplies last)!

### TUESDAY, MAY 31

#### Workforce Education, FOSS 5101

9:00 AM-3:00 PM: Make a Vision Board!

#### PUB 9102

10:00 AM-12:00 PM: Study Space/Homework Club

#### ESL/GED Tech Center, 1721

11:30 AM-1:30 PM: Games and Snacks

#### PUB 9202

12:30 PM-1:30 PM: College Dogs!

### WEDNESDAY, JUNE 1

#### Workforce Education, FOSS 5101

9:00 AM-3:00 PM: Make a Vision Board!

#### PUB Courtyard & Outside between Theater & Rock River

10:00 AM-2:00 PM: Recess from Stress – Come take a break from studying! Food available for purchase – Big Boys Filipino Food Truck (\$4-\$10) & Mini the Dough-NUT Food Truck (\$4-\$6), Dunk tank – dunk professors for charity and students for free, Arm Wrestling Tournament, Bouncy Obstacle Course (outside between Theater & Rock River), Corn Hole, Trash Basketball, Smashing Pottery, Water Balloon Toss, Shoreline Mural, Fun, Prizes, Music, Crafts, and Breathing!

#### Lawn Outside Gym (weather permitting) or Inside 3025\*

12:35 PM-1:25 PM: Yoga

#### Gymnasium

2:00 PM-4:00 PM: Indoor Soccer in 3014

### THURSDAY, JUNE 2

#### Counseling Services, FOSS 5229

9:00 AM-4:00 PM: Healthy Snacks, Arts, Crafts, & Games, Community Puzzle, Stress Socks, Stress Management/Study Skills Handouts

10:30 AM-12:30 PM & 1:00 PM-3:00 PM: Professional 15-minute Massage for Students (first come, first serve!)

#### Workforce Education, FOSS 5101

9:00 AM-3:00 PM: Make a Vision Board!

#### PUB Main Floor

9:00 AM-3:00 PM: DIY Salt Scrubs and Bath Fizzies!

#### FOSS West Hallway

9:00 AM-4:00 PM: Snacks and Activities!

#### PUB 9102

10:00 AM-12:00 PM: Study Space/Homework Club

#### Greenhouse

10:00 AM-12:00 PM: Paint a Pet Rock!

#### Gymnasium\*

10:00 AM-12:00 PM: Ping Pong in 3014

12:35 PM-1:25 PM: Zumba in 3025

#### PUB Quiet Dining Room

10:30 AM-12:30 PM: Wellness Fair!

#### Library

12:30 PM-3:00 PM: Perler Bead Crafts & International Snack Table!

#### Gymnasium\*

12:30 PM-2:30 PM: 3-on-3 Basketball Tournament in Main Gym\*\*

#### Veterans Resource Center, FOSS 5226

1:30 PM-3:00 PM: Arcade Games Challenge

### FRIDAY, JUNE 3

#### Workforce Education, FOSS 5101

9:00 AM-3:00 PM: Make a Vision Board!

#### PUB Courtyard

10:30 AM-11:30 AM: Steel Drum Performance by Ian Dobson

11:30 AM-1:30 PM: Photo Booth

1:00 PM-3:00 PM: DJ in the Courtyard

1:00 PM-3:00 PM: Hula Hooping

#### Outside between Theater & Rock River (weather permitting) or Inside 3025\*

12:35 PM-1:25 PM: Yoga

#### Spring BBQ

2:00 PM-5:00 PM: Spring BBQ! FREE Food, fun, & games with Veggie & Halal options— sponsored by International Education & Multicultural Center (Van shuttles available to and from SCC) Open to all students

#### Helene Madison Pool\*\*\*

6:00 PM-8:00 PM: Open Swim

*\*All activities in the gym require tennis shoes and no hard black soles. \*\*3 on 3 Tournament is Friday, May 20, 2016. Semifinals and championship games are Thursday, June 2, 2016 – sign up in the Issue Room or email intramurals@shoreline.edu for more information. \*\*\*SCC students swim for free with current SCC ID! Visit <http://www.seattle.gov/parks/aquatics/madisonpool.htm> for address and schedule information.*

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