A STUDENT'S GUIDE TO
STRESSLESS FEST
DECEMBER 4-8
HOW TO CHILL OUT DURING COLLEGE CHAOS

1. MONDAY

Check out our cool 3-D printer. It can make cool stuff. Make a Fidget Spinner. Watching it can be soothing. Play a few board games in the Lobby. Get competitive and beat your friends. Eat some popcorn while you watch Pee Wee Herman or the Beatles.

2. TUESDAY

Make a stress ball and squeeze out your frustrations. Do you knit or crochet? Join us for a quiet hour of meditative stitching. Learn something new while watching a documentary on Rap Fashion.

3. WEDNESDAY

Recycle old books into sculptures that will wow your friends and family. Folding paper can be relaxing...just watch out for papercuts. Stick around for a student poetry reading or to watch a Japanese animation flick or two.

4. THURSDAY

Stretch out those sore muscles and breathe in our Yoga class. Work on a puzzle in our lobby or immerse yourself into a dark film. Try to relax. Zen.

5. FRIDAY

Craftapalooza! You’ve made it to the end of the week. Missed an activity or craft then stop in and create. Stress balls, book arts and coloring sheets galore. Watch the 3-D printer do its thing and guess to win!