



**Drop in weekly for a break
during spring semester!**

**Thompson Library,
room 149**

Tuesdays, Noon - 1 p.m.

Everyone needs a break from studying and coursework! Take a break with us every Tuesday this semester between noon-1 p.m. for fun, informal drop-in activities. Each week, from crafts, puzzles and more, will bring something new! No registration is required; just stop by and enjoy!

January 7 – Making Origami cubes

January 14 – Create your own cryptid

January 21 – Create bookmarks

January 28 – Crocheting and bring-your-own fiber arts projects

February 4 – Spark curiosity with the Question Formulation Technique

February 11 – Inverted Inspiration: Upside-down drawing

February 18 – Student Wellness Center Visit

February 25 – Making kindness cards

March 4 – Jenga and Uno

March 11 – Spring Break: Coloring sheets and puzzles available

March 18 – Lettering and Calligraphy

March 25 – Mindful March: Quiet, mindful games and activities

April 1 – Rock Painting

April 8 – Stress Less: Counseling and Consultation Services visit

April 15 – Design a fantasy character and bring it to life with AI

April 22 – Poetry Workshop to celebrate National Poetry Month

April 29 – Finals week wind down: Snacks and puzzles



Visit go.osu.edu/brain-break for more information



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