



**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](https://go.osu.edu/brain-break) for more information



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