

Kortschak Center *for*  
Learning and Creativity  
*presents*

# FEELIN' CONNECTED FRIDAYS

Join us every other Friday at **11-12pm** Pacific Time to experience a different social and creative outlet that will spark connection with peers, help you cope with stress for academics, promote rejuvenation and allow you to discover new interests through meaningful activities!

**Location: Student Union Building Suite 311 (STU 311)**

- **ENHANCING YOUR SENSES- FRIDAY, FEBRUARY 11TH**

- Create a **glitter sensory bottle** to keep you focused and resilient as you complete assignments with the help of sensory wellness techniques.

- **RESETTING YOUR BODY- FRIDAY, FEBRUARY 25TH**

- Make a **heating pad** and practice **acupressure** to relieve tension, and stimulate your creativity and learning through tactile experiences.

- **MANAGING YOUR STRESS- FRIDAY, MARCH 11TH**

- Create a **stress ball** to immerse yourself into a state of flow, reduce stress and optimize your energy for midterms.

\*Note: All materials will be provided.

For more information visit  
<https://kortschakcenter.usc.edu/>