



## Mental Health Awareness Activities

Day	Activity	Location
Monday	HIIT Session	Games Hall
Tuesday	Chocolate Chip Cookies	F&TT 1
	Crafting	F&TT 4
	Art & Design Activities	Art & Design
	Cheer Up	Games Hall 1
	Mindfulness	2.15
Wednesday	Spin Cycle	Fitness Suite
	Dodgeball	Games Hall 1
	Netball	Games Hall 2
	Football	Outside
	Mindfulness	2.15
Thursday	Volleyball	Games Hall 1
	Badminton	Games Hall 2
	Mindfulness	2.15