

De-Stress Week Activities

Kearney

Monday, Dec. 4, 11am – 1pm, Atrium, UNK Bookstore will be on-campus.

Tuesday, Dec. 5, all day, Atrium, stop by an color Christmas cards and enjoy some snacks (while supplies last).

Wednesday, Dec 6, all day, Atrium, bring your water bottle by the hydration station. A variety of water flavor packets will be available (while supplies last).

Thursday, Dec. 7, all day, Atrium, enjoy a hot cocoa bar and snacks to share (while supplies last).

Friday, Dec. 8, all day, Atrium, stop by and grab a free fidget toy for finals week (while supplies last)

Lincoln

Thursday, Dec. 7, 11am – 2pm, enjoy mocktails, snacks, games and prizes, in a hidden location. Clues on how to find the location will be provided soon.

Munroe-Meyer Institute

Wednesday, Dec. 6, 1pm, lunchroom, stop by for some free popcorn. A variety of toppings will be provided (while supplies last).

Norfolk

Monday, Dec. 4, 11am -1 pm, room 156, stop by and pick up your free plate of cookies (one per person – while supplies last).

Tuesday, Dec. 5, 9am – 4pm, room 156, create your own holiday ornament.

Wednesday, Dec. 6, all day, room 156, stop by and pick up a free mini Clif bar to snack on.

Scottsbluff

Monday, Dec. 4, 4:30 pm, The Plex in Harms Center, join experience yogi, Dani Pearl for a relaxing Yoga session to help calm and focus your mind going into finals.