

# *stress relief corner*

MAKE YOUR VERY OWN STRESS BALL!  
AND LEAVE ENCOURAGEMENT  
NOTES!

**WHEN: 2 WEEKS BEFORE EOY  
VENUE: CANTEEN WALKWAY**

Materials such as balloons, plasticine as well as an instruction sheet will be available in the stress relief corner!

Feel free to decorate the board with markers provided!

Rationale: Allow students to de-stress from long hours of studying and calm down before the start of the exam. The stress relief corner is open 2 weeks before the start of EOYs to provide ample time for students to partake in the activity. Writing encouragement notes would help to lift the spirits of others and make everyone happy :)

