

Take Care of Yo'self! January 22, 2021

Time	Activity	Materials
8:30 - 8:40	Check in & attendance Advisory Groups	
8:40 - 9:00	Mind Plan Quiz	Quiz Link: Your Mind Plan Every Mind Matters One You (www.nhs.uk)
9:00 - 9:15	Quiz Results and Rotation Choices Relax Muscles and Mind Move More Time to Chat Reframe Thoughts Reflect Be Prepared	Self Care Idea Doc Sign Up Sheet with Links Self Care Project Groups <i>Students should make two choices at this time - one for Rotation 1 and one for Rotation 2. This will be shared in the MS Experiential Adventures class for students to access links.</i>
9:15 - 9:25	Break	
9:25 - 10:25	Rotation 1	
10:25 - 10:35	Break	
10:35 -11:30	Rotation 2	