



Finals De-Stress Event

By: The Mental Health Committee at
BRHS



Finals De-Stress Event

- Why?
 - Final exams is one of the most difficult times for students
 - It's important to provide a space for students to relax and reset leading into final exams.
 - This idea supports students in cultivating their own coping strategies during and after high school.
- When?
 - Finals De-Stress Event:
 - Monday, June 10th, 2019
 - During all lunch periods
 - For *all* students
- What was offered?
 - Music
 - Arts & Crafts
 - Games
 - Expressive Therapies (sand art, bracelet making, letter writing)
 - Sensory Play (playdough/slime)
 - Therapy Dogs

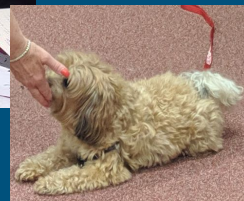
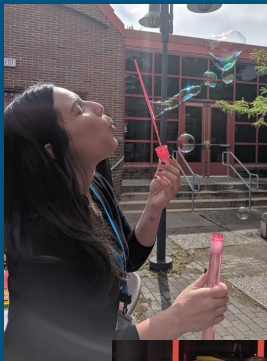
Some Quotes from Students

- **“I think this is the coolest thing this school has ever done!”**
- “Oh my gosh, BUBBLES!!”
- “I’m going to write a card for my mom. She really needs it.”
- “This event is the best part of my day.”
- “Puppies help me so much. I’ve been so stressed with finals.”
- “Thank you for putting this together. This is exactly what we needed!”
- “Will you be doing this again tomorrow?”
- “This is lit!”

Staff Testimonials

- “It’s great that the school wants to help us with reducing stress for students. I’m impressed with how many students came and how they were connecting. It was a nice event!”
- “The kids seemed to look at the event as something new and refreshing on campus. Lots to do and it was vibrant and colorful. The environment was relaxing and whether a student was there for five minutes or the whole lunch period, they left with a smile on their face.”
- “It was amazing to watch each student have fun! We watched them take time for themselves to have fun playing with toys, games or making crafts. Each student smiled as they walked through the door and appreciated the moments that didn’t involve talk about final exams.”

We are BR



Thank you!

“Without the encouragement, support and financial assistance from The Education Foundation, this event would not have come to fruition. Their generosity in inspiring our students at BRHS during final exams allowed students to reset, while inviting new coping strategies to overcome stress. The Mental Health Committee is grateful for The Education Foundation’s generosity and kindness in helping our team facilitate a new event for the hundreds of students (around 350) that attended.”

-The Mental Health Committee at BRHS