

# SKIPS FEB LUNCH CLUBS

WELCOME ALL STUDENTS!

GRAB YOUR LUNCH AND JOIN THE SKIPS COUNSELORS FOR LUNCH!

**Thursday,**  
**February 1st**

## **Strengths Spotlight**

**Create a board where we recognize each other's strengths!**

**Tuesday,**  
**February 6th**

## **Smart Start, Smooth Sail Skill**

**Unlock a secret to reduce stress while studying!**

**Thursday,**  
**February 8th**

## **Self Care Bingo**

**Join us for a fun game of bingo filled with self care ideas!**

**Tuesday,**  
**February 13th**

## **Boosting Your Memory!**

**Fun and Effective Techniques to Remember Anything!**

**Thursday,**  
**February 15th**

## **Valentines Day Self Love Cards**

**Let's create special cards just for you!**

**Tuesday**  
**February 20th**

## **Pomodoro Technique**

**Master Your Study Time!**

**Thursday**  
**February 22th**

## **Meaningful Affirmation Jar**

**Let's write down positive messages to lift your spirits whenever you need a boost!**

**Tuesday**  
**February 27th**

## **Strive for Progress, Not Perfection**

**Let's focus on growth and learning over perfection!**