

UTM EXAM JAM

IB
ATRIUM
10 AM - 5 PM

Wellness Breaks

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Play Music

Exam Jam
Game
Cafe

Colouring & more Games!

Card Games

Button Making

DIY Greeting Cards

Bracelet-Making

Learning Skills Station

Words of Affirmation

Academic Coaching

Pet Therapy

Refreshments

Get your CCR!

Minute-To-Win-It CHALLENGE

UTM Moves Activity Zone:
Corn Hole Games
Spin Bikes

CPR-A-THON

Career Centre Sandbox

Mario Kart

Pressed Flower Art

Feeling Stuck?
Connect for Support!

Wellness Practices Around the World

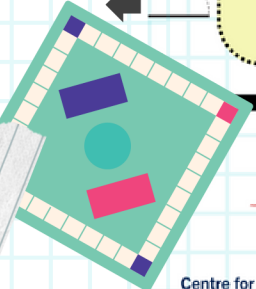
Mapping Student Wellness

Sleep Kahoot

Manifest: Activity

MN Building

Library



Centre for Student Engagement

SHCC WELLNESS at utm

