



# The Break Room at Arroyo Seco

## We LEAD Fridays in February

**TAKE A BREAK**, learn a new skill, bring a friend or make some new ones!

Fridays from 1:15 - 2:15 is We LEAD Time, we have fun activities planned based on the interests you submitted in the student survey.

No need to sign up, just click the link at 1:15 on Fridays and join!

### Friday, February 5th

Yoga for self-care  
with Mrs. Kurowski



Starts at 1:15 pm on Zoom!

<https://hartdistrict-org.zoom.us/j/87833366839?pwd=SXdRZFM4RXkwUGdpMjdDcDRrdkF5QT09>

### Friday, February 19th

Cooking day!  
Learn cooking skills and  
some fun recipes.  
with Mrs. Coe



Starts at 1:15 on Google  
Meet!

<https://meet.google.com/zvg-wrby-bsw>

### Friday, February 26th

Nature walk day!  
Let's take a virtual walk  
together and see how many  
nature items you can spot!  
with Mrs. Welch



Starts at 1:15 on Google  
Meet!

<https://meet.google.com/lookup/eunvlsjbqm?authuser=0&hs=179>