

Kortschak Center *for*
Learning and Creativity

presents

FEELIN'

CONNECTED FRIDAYS

Every Friday at **11-12pm PDT** join us via zoom to experience a different social and creative outlet that will spark connection with peers, help you cope with stress, promote rejuvenation and allow you to discover new interests, hobbies and talents!

[HTTPS://USC.ZOOM.US/J/3195865018](https://usc.zoom.us/j/3195865018)

- **CULTIVATING GRATITUDE - APRIL 3RD**

-Learn how to practice daily acts of gratefulness to improve mental health, strengthen relationships and foster resilience

- **DIGITAL DESIGNING- APRIL 10TH**

-Together we will explore how to make a digital card, flyer, newsletter or vision board to refine your creativity and enhance motivation

- **PET PARADE- APRIL 17TH**

- An opportunity to showcase your pets that are running around your house! Feel free to dress them up for the spotlight as we put them on the hot seat to get to know them.

- **ONLINE OLYMPICS (GROUP GAMES)- APRIL 24TH**

-Engage in some friendly competition as we play multiplayer online games together including games such as pictionary, word puzzles and more!

- **A CELEBRATION OF DANCE- MAY 1ST**

-Celebrate the last day of classes with us as we discover and practice dance moves from cultures all around the world.

- **MINDFUL WAYS TO APPROACH FINALS- MAY 8TH**

-Prepare yourself for the second week of finals by exploring how to be present using your 5 senses of touch, taste, sight, smell and sound.

For more information visit
<https://kortschakcenter.usc.edu/>