

**PURPOSE** //

- Spread a positive message during test days or other busy times during the school year
- Remind students that test weeks can get stressful and they have to check in with themselves

OBJECTIVE //

- Reduce student stress during test days/weeks
- Reduce student stress during the school year

INSTRUCTIONS //**Materials**

- Donuts (Regular sized or mini donuts from your local store)
- Printed cards

Assembly

1. Set up a station where students can pick up a donut and a card
2. Have a club member at the station to pass out the donuts along with the cards

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:





DONUT STRESS ABOUT THE TEST



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