**Project/Event Planner**

**(Create a copy to customize for your event needs)**

**Go Beyond:** [**Lesson Plans To Plan an Event**](https://applieddigitalskills.withgoogle.com/c/middle-and-high-school/en/plan-an-event/overview.html)

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| Event Name:  | MSA Bell Stress Less Week |
| Date:  | **April 25th-29th** |
| Location(s): | **Orchard Academies Field** |
| Description:  | **A stress less week where students learn ways to manage stress before our school takes the SBAC. Students will do music therapy, group exercise through dancing, learn to use fidgets like stress balls, color, and learn about healthy eating. Students will be more confident taking the SBAC after learning about text anxiety.**  |
| Purpose: | **62% of the students at our school said they have trouble with test anxiety. If we teach them ways to deal with their stress, they will be able to feel more confident when they take their test and it will not seem as scary. We are helping students learn how to take some control with their mental health and stay positive and stress free.**  |
| Time of Event: | **Every day during the week at lunch time (11:55am-12:25pm)** |
| # of Guests:  | **388+ (all the students at our school plus students from other schools on the same campus)** |
| Special Guests:  | **Mrs. Schlottman, the principal****Dr. Lopez, from home office for all Magnolia schools****Mayor Pacheco (mayor of downey)****Present of Charter School Association** |
| Materials Needed for Event: | **Stress balls, fidgets, sound system, music, photo background, coloring materials, coloring pages, table cloths, tables, a podium for karaoke, iPad, carts for carrying snacks, healthy snacks, waters, test tips, dance leader** |