

# FUN FLEX FRIDAY OPTIONS:

TEACHER	Assign
Albin Bandhall	<b>Flip Folder Friday, Conducting Cadets, Sight Reading Factory:</b> <i>Come and play stand tunes, practice your conducting skills, or just have fun sight reading new material.</i>
Andrews Art Room	<b>AP Photography and Art:</b> <i>Come and work on your AP art projects.</i> <i>This is also a time for NAHS officers to plan events.</i>
Boren Rm. 110	<b>Teen Leadership:</b> <i>An opportunity for young people to come together in a joint effort to promote leadership in their respected passions, their school district, and community.</i>
Bowden Rm. 412	<b>Games:</b> <i>Come relax while playing cards, board games, and puzzles</i>
Bullock Rm. 212	<b>Game Stations:</b> <i>Come play Jenga, Cards, and Sorry... short games to start and finish during Fun Flex Friday</i>
Carlson Rm. 312	<b>APES Lab:</b> <i>A time designated for AP Environmental Science to come get additional help with the APES Curriculum, can also be used for a quiet study hall.</i>
Carpenter Rm. 117	<b>AP Lit Lab:</b>
Caruso Rm. 415	<b>AP Physics Fun:</b>
Chavez Rm. 204	<b>Yoga/Meditation:</b> <i>Students are welcome to come to learn and practice beginning yoga to release anxiety/stress. We will be watching YouTube videos for yoga instruction.</i>
Clark Rm. 407	<b>Fantasy Football Club:</b> <i>An opportunity for students to get together and discuss Fantasy Football strategies, trades, who to add/drop for the current week.</i>
Dorsey Rm. 107	<b>2018 Meetings and News Sessions:</b> <i>Information and Planning for Class of 2018 Prom, fundraisers, and all things graduation!</i>
Dunn Rm. 218	<b>Legos:</b> <i>Need a place to relax you brain while still using it? Join the Flex Time Lego Club where everything is Awesome. We have Legos that you can use to create anything that your mind can think up. Have an idea, but do not have the correct Legos to make it? We have Lego Digital Designer which gives you a virtual Lego set with as many pieces as you could ever want. Made a cool set at home and want to share it with other Lego enthusiasts? Come and share pictures of it, or bring the real thing and we will provide a safe place to store it during the day. Flex Time Lego club is held in room 218 with Mr. Dunn on Fun Flex Fridays.</i>

<b>Grable/McLellan Rm. 112</b>	<b>Rubiks Cube:</b> <i>If you are new to the Rubiks Cube or you are already an expert come and join the Rubiks Cube Club. You can learn the skills needed to solve the cube, race your friends, or learn how to solve different shaped cubes.</i>
<b>Greenwood Rm. 100</b>	<b>Photo Lab Fun:</b> <i>Bring photos and edit using Adobe Photoshop or Lightroom</i>
<b>Grgurich Rm. 310</b>	<b>AP Biology Lab:</b> <i>A time designated for AP Biology to come get additional help with the AP Biology Curriculum, can also be used for a quiet study hall.</i>
<b>Hackfeld Rm. 103</b>	<b>Minute to Win it Games:</b>
<b>Hampton Rm. 109</b>	<b>Documentary and Discuss:</b> <i>We will be watching documentaries covering various topics – history, sports, nature, travel, and politics – and discussing the issues covered.</i>
<b>Henryon Rm. 311</b>	TBD
<b>Jones, Rocky Rm. 410</b>	<b>Dominoes:</b> <i>Count and 42</i>
<b>Knight/Marcath Rm. 116</b>	<b>Ag/FFA Teams:</b>
<b>Long, Tyler Rm. 404</b>	<b>Guided Meditation:</b> <i>We'll discuss and practice some meditation and breathing techniques with specific attention to how it can help with anxiety and other life stresses.</i>
<b>Martinez, E. Rm. 306</b>	TBD
<b>Moore Rm. 309</b>	<b>AP Chem Lab:</b> <i>On Friday we will "Flex" our Chemistry muscles by choosing random cards from our Barron's Box and challenging each other to discuss and solve the problems. Mrs. Moore will make demos available for inquiry learning with no report required!!!!</i>
<b>Paul, K Choir Room</b>	<b>Karaoke Friday:</b>
<b>Posey Journalism Room</b>	<b>Journalism and Photography:</b>
<b>Rinehart Rm. 113</b>	<b>AP Lang Lab:</b> <i>I will offer a quiet place for kids to study, and receive additional help if needed for my class</i>
<b>Warren Rm. 215</b>	TBD
<b>Wynne Rm. 413</b>	<b>AP Physics Fun:</b>