

IT'S "POP" TIME!

Point of Pause-itivity

A 30 minute pause to focus on the positives!

Tuesdays and Thursdays

2:30 PM EST

<https://osu.zoom.us/j/931988729>

Each POP session will highlight a different
mindfulness resource including:

- reflections
- guided breathing
- yoga/stretching
- journaling
- and ideas from YOU!

POP is open to any 4-H teen seeking to connect
and check-in with others during this time of
virtual engagement.

Questions: contact Kayla (oberstadt.1@osu.edu)