



## Student Activities Return to Heritage Plaza Lawn



From the left, Brooke Spinnato, a freshman exercise science major from Bebe, with Rachel Gage, a junior criminology & sociology major from Jonesboro, and Ann Long, a freshman political science major from Cape Girardeau, Missouri, handing out eye masks to students.



The Student Activities Board held an event for "National Napping Day" involving handing out Red Wolf eye masks and nice A-State blankets to lucky raffle winners.



From the left, Zach Beaumont, a junior criminology major from San Antonio, Texas, with Will Smith, a junior criminology major from Malvern, with Noah Staggs, a junior accounting major from Hayti, Missouri, getting their masks at the "National Napping Day" event on Monday night.



Blankets waiting to be raffled off to lucky student winners.



With Spring around the corner and cold weather finally giving Jonesboro a break, activities for students have finally returned to the Heritage Plaza Lawn outside the Reng Student Union.



Students following a Yoga lesson Monday night as part of the "Yoga on the Lawn" event on "National Napping Day."



Students gathered at the lawn for Yoga.



Participants with their mats, water bottles, and tennis shoes on the Lawn, enjoying time outside and releasing stress after midterm exams.



A student participating in "Yoga on the Lawn" Monday night.



Students, directed in a Yoga session, holding a pose. Also this week on the Heritage Plaza Lawn, "Mental Health Awareness Week" tabling from 11 a.m. to 1 p.m. through Friday.