

# Finals Week — Take a Break at the Library! | Libraries

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# Finals Week — Take a Break at the Library!

**December 8-12, 2025**

Questions? Contact Katie Luder, Outreach Librarian | [kaitlin.luder@usu.edu](mailto:kaitlin.luder@usu.edu)



Finals Week is coming up! The library is offering tons of snacks and activities to keep you rested and motivated to finish the semester strong!

## Finals Week: December 8-12

### Monday, December 8

- **Donuts | 9 a.m., Front Lobby**  
Free donuts in the Front Lobby to start your week right (while supplies last).
- **Coloring | 1–2 p.m., Room 122**  
Take a study break with relaxing coloring pages and supplies.

- **Games | 3–5 p.m., Innovation Hub**  
Unwind with board and card games in the Innovation Hub.

### Tuesday, December 9

- **Popcorn | 11 a.m.–1 p.m., Front Lobby**  
Grab a bag of fresh popcorn in the Front Lobby (while supplies last).
- **Coloring | 1–2 p.m., Room 122**  
Drop in for a quiet coloring break between exams.
- **Cocoa & Crafts | 4–6 p.m., Innovation Hub**  
Enjoy hot cocoa and simple crafts to de-stress with friends.

### Wednesday, December 10

- **Coloring | 1–2 p.m., Room 122**  
Keep the midweek stress down with coloring and calm music.

### Thursday, December 11

- **Coloring | 1–2 p.m., Room 122**  
Another chance to pause, color, and recharge between study sessions.

### Friday, December 12

- **Snacks | 9 a.m., Front Lobby**  
Swing by the Front Lobby for grab-and-go snacks to finish the week strong (while supplies last).

## Online Resources

Take a break with the linked videos and resources below!

### Guided Meditation

- [Guided Mindfulness Meditation](#)
- [Guided Meditation for Relaxation](#)
- [5 Minute Mindfulness Meditation](#)
- [10 Minute Meditation for Anxiety](#)
- [10 Minute Meditation for Healing](#)

### Yoga Routines

Take a break and get your body moving with these yoga routines.

- [10 Minute Yoga for Stress and Anxiety](#)
- [15 Minute Morning Yoga to Wake Up & Feel Energized](#)

- [20 Minute Relaxing Yoga](#)

## Live Streams

Take a break and enjoy a live stream of some amazing animals, nature, or enjoy music from anywhere in the world!

- [Otters](#)
- [Jellyfish](#)
- [Birds](#)
- [Forest animals](#)
- [Bears](#)
- [San Diego Zoo Live Stream](#)
- [Flying over paradise](#)
- [Canoeing in autumn](#)
- [Listen to music from radio stations all over the world](#)

## Relaxing Noises

Listen to a variety of ambient sounds to relax and focus with.

- [A Soft Murmur](#) — Make your own mix of rain, thunder, waves, and more ambient sounds.
- [My Noise](#) — A variety of noises, from a distant thunderstorm to the ambient sounds of a café.
- [Noises Online](#) — White noise and other soothing options for focus.

## Virtual Puzzles

Give your brain a break from studying and enjoy an online puzzle.

- [Jigsaw Planet](#)
- [Jigsaw Explorer](#)

## Need Research Help?

Research Help and Library resources can be found in our [Library Survival Guide](#).

## Feeling Stressed?

- [Counseling and Psychological Services](#)