



The Bathroom Sensation That's Sweeping the Nation

What's up, Cougars? Just two more weeks left until Holiday Break! Finals start on Friday, so let's think of something to do to unwind rather than ramp up the academic pressure. You'll do great on your finals, Cougars!!!!

What To Do During Finals That Isn't Studying

If all you do during finals is study, you're going to get burnt out way too fast. Of course, finals are important, but remember to take care of yourself during them, too. You are more important than a grade.

- Watch a movie after your finals! Relax and destress before you move onto something else.
- Have a pet? Go on a walk with them, or play with them! Take some time out of your busy schedule to have fun with your furry (feathery, scaley...and so on) friends!
- Take a nap! Replenish your energy before you move on to something else.
- Go to bed earlier than you do to have more energy for your next finals.
- Listen to your favorite music before and after your final! Jam out in the time between the two and have a jam sesh after school lets out early!
- Hang out with your friends! Have a good time with them so you can study stress-free! Or, maybe study with your friends!
- Play your favorite videogames! Old or new, try to beat your high score, but get to bed at a good time. If you leave off in the middle of the story, use that as motivation to make it through both periods!

Are Video Games Devoid of Physical Benefit?

Video games are the bane of all parents' existence...most of the time. To a lot of people, video games are, for lack of a better word, useless. I mean, why wouldn't they be? All they do is keep kids on screens that can potentially harm their health, and most of the time they're sitting down, and that has no benefit for the gamer...right?

That's partially true. Fascinatingly, when I was diagnosed with autism, my doctor actually recommended that I play more video games because it helped my hand-eye coordination, something I struggle with daily. Video games can also be used as a much easier form of social interaction, prioritizing conversation about a video game over the often tenuous realm of self-driven speech.

Video games can also be a form of escapism and coping. Even for non-autistic individuals, video games with immersive stories and features can be used to help people destress and deal with difficult events in life.

Teachers can also use video games as teaching aids. Games like Minecraft have been used to help kids have a hands-on experiences to better understand the subjects taught. Educational games like ST Math have also been developed and used to better show the subjects being taught.

That's all for this week's bite-sized editorial, Cougars. Enjoy your week and your day!

Upcoming Events

Monday 12/11	Tuesday 12/12	Wednesday 12/13	Thursday 12/14	Friday 12/15	Saturday 12/16
Schedule Change – Periods 5-8. Lunch LinkUp @ Room 212 (Both lunches) SAC Meeting @ HELP Center (5:30pm)	Choir Concert @ Auditorium (7pm) Girls Basketball v Cheyenne Mountain @ Cheyenne Mountain High (4pm) Boys JV Wrestling v Pueblo Centennial @ Pueblo Centennial (6pm) Boys Basketball v Cheyenne Mountain @ Home (7pm)	Symphonic and Concert Band Concert @ Auditorium (7pm) Girls Basketball v Discovery Canyon @ Home (4pm) Boys Basketball v Discovery Canyon @ Discovery Canyon (4pm)	Academic Council (11am)	FINALS: Periods 1 & 2 Girls Swim and Dive Cheyenne Mountain Invitational @ Cheyenne Mountain High (TBD) Girls and Boys Varsity Wrestling v UNC-Greeley @ Island Grove Event Center (TBD)	Girls Swim and Dive Cheyenne Mountain Invitational @ Cheyenne Mountain High (TBD) Girls and Boys Varsity Wrestling v UNC-Greeley @ Island Grove Event Center (TBD) Boys Basketball v The Classical Academy @ Home (10:30am)

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