

Mental Health Spirit Week

Coming Soon: Walk for Change May 23rd

May 15th Music Monday Wear your favorite band or musician T-shirt! Coping Skill: Listen to music to calm your mood.

May 16th Tropical Tuesday Wear those island print shirts! Coping skill: Sit in the sun to absorb Vitamin D.

May 17th Wellness Wednesday Wear your workout gear! Coping Skill: eat healthy, exercise, and drink lots of water.

May 18th, Mental Health Thursday Wear green to support those suffering from mental health issues! Coping Skill: Participate in PE or take a walk to relax & unwind after school.

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May 19th Cozy Friday Wear something comfortable and cozy. Coping skill: Put your tactile environment into clothes.

May 22nd Wear Your Cause Monday Wear something inspirational or a personal cause. Coping skills and sharing your cause can create connections.

May 23rd Walk for Change Wear Blue or HB gear.
Let's feel connected!