



# Spirit Week

Join us for *Spirit Week* to celebrate Children's Mental Health Awareness

May  
8th-12th

## Music Monday

Wear your favorite band or musician T-shirt!

Wellness Skill: Listening to music can calm your mood.

## Tropical Tuesday

Wear your favorite Island printed shirt or vacation outfit!

Wellness Skill: Sit in the sun. Vitamin D is as vital for mental health as it is essential for physical health.

## Wellness Wednesday

Wear your workout gear!

Wellness Skill: Eat healthy, exercise and drink lots of water to help your body and mind feel good.

## Therapeutic Thursday

Wear green to support those with mental health issues!

Wellness Skill: Draw or write something today; being creative can help a person's mood.

## Fedora Friday

Hats off to Self-Care day: Wear your favorite hat to celebrate self-care!

Wellness Skill: Do something fun for self-care. Read, take a walk, cuddle a pet, play with your family or friends.