

# Mental Health Awareness Spirit Week

May 22nd - May 25th



## Mindful Monday



Focus today on being fully present in each moment.  
Try some meditation, breathing exercises or yoga.  
Listen to music, do some art, or try journaling for even just 5 minutes!  
**Oh, and wear your favorite hat** 🧢



## Team Up Tuesday



There are lots of options here  
Try “twinning” with your whole class or grade level- even your teachers!  
Match with your sibling(s) or with a group of friends.  
Wear your team or club jerseys or t-shirts  
Dress in Travell or Ridgewood gear or colors  
**The importance of today is to remind you that you are never alone!**  
Talk to one another; ask “how are you?” often, and be honest with yourself and others.



## Wellness Wednesday



**Wear your favorite workout/athletic gear**  
Get physical by taking a quick walk or having a mini dance party!  
Enjoy a healthy snack, and maybe even take a short nap today.  
Remember, the mind-body connection is a strong one 💪  
Your brilliant minds can really shine when you are at your best physically!



## Thankful Thursday



I am sure we are all thankful for a long weekend marking the unofficial start of summer.  
**Wear your most fun summer outfit complete with accessories** 😎  
Take time today to reflect and list some of the things you are most grateful for.  
It can be rewarding to refer back to on a day when you feel just nothing can go right!