

MENTAL HEALTH AWARENESS SPIRIT WEEK

5/12 Mindful Monday:

Dress up as your favorite music artist or genre!

5/13 Talk it Out Tuesday:

Wear Green for mental health awareness!

5/14 Whiteout Wednesday:

Wear white to whiteout negative thoughts!

5/15 Twin Thursday:

**Twin up with a friend(s), teacher, or class
for positive mental health**

5/16 Feel Good Friday:

**Express yourself with bright colors and
tie-dye for positivity!**