

# SOURCES OF STRENGTH WEEK

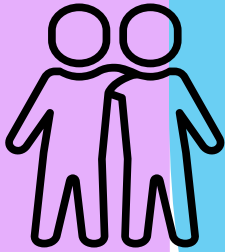
MARCH 27TH- MARCH 31ST 2023

## MULTIPLE MONDAY

### Dress up theme:

Dress alike with your friends

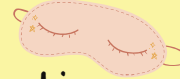
Celebrate your positive friends by coordinating outfits with them- as many people as you can to help include all!



## TIRED TUESDAY

### Dress up theme:

PJs and comfy clothes



Getting proper rest is important for mental health. Let's kick off the week in your favorite PJ's, onesie, slippers, and cozy clothes

## WACKY WEDNESDAY

### Dress up theme

Anything Wacky- hair, socks etc..



Practice Mental Health by expressing your true WACKY self!

## THOUGHTFUL THURSDAY

### Dress up theme

Students can donate \$1 to wear a hat.

\*All donations go to the American Foundation for Suicide Prevention\*



## PHYSICAL FRIDAY

### Dress up theme

Wear your favorite sports gear or workout gear.

Activity- 808 Mental Health Mini Carnival



**SOURCES**  
OF STRENGTH

Lost Mountain Middle School