

# SEL Spirit Week

March 22<sup>nd</sup> – March 26<sup>th</sup> 2021

<b>Monday</b> March 22 <sup>nd</sup>	<b>Be Mindful</b> <u>Wear School Appropriate Yoga or Relaxing Clothes</u>	
<b>Tuesday</b> March 23 <sup>rd</sup>	<b>Channel Your Inner Super Powers</b> <u>Wear Your Favorite Superhero T-shirt</u>	
<b>Wednesday</b> March 24 <sup>th</sup>	<b>Embrace that you are Unique on Wacky Wednesday</b> <u>Wear Crazy Socks</u>	
<b>Thursday</b> March 25 <sup>th</sup>	<b>It's healthy to get a good rest &amp; catch some Zzzz's</b> <u>Wear Pajamas</u>	
<b>Friday</b> March 26 <sup>th</sup>	<b>Flex Friday</b> <i>Exercise is Healthy for Your Mind and Body</i> <u>Wear workout clothes or your favorite sports team</u>	