

May 12 - May 16

# MENTAL HEALTH WEEK



5/12 Mantra Monday! Wear a shirt with a positive message or image



5/13 Thankful Tuesday! Twin with a friend to show them that you're thankful for them



5/14 White out Wednesday! Wear white to symbolize whitening out negative thoughts and replacing them



5/15 Take Care Thursday: Take care of yourself in comfy clothes by wearing pajamas!



5/16 Mental Health Awareness Day: Wear green to support mental health awareness