
 **Red Ribbon Wellness Week**
October 21-25 
Reel In Wellness

Monday "Be incredible"



Dress like your favorite super hero or wear red

Challenge: Get 60 minutes of physical activity

Tuesday "Healthy habits are the golden ticket to wellness"

Wear workout clothes

Challenge: Choose healthy snacks



Wednesday "Navigate your way to wellness"

Wear tropical clothes or blue

Challenge: Drink water all day



Thursday "Healthy habits are a slam dunk"

Wear favorite sports shirt

Challenge: Go screen free! Play favorite sport



Friday "Sleep tight, learn right"

Students wear pajamas

Challenge: Get 9-12 hours of sleep

