SHORE
ELEMENTARY MAGNET
School of the Arts

MENTAL HEALTH AWARENESS SPIRIT WEEK

5/11 Mindful Monday:

Dress up as your favorite music artist or genre!

5/12 Twin Tuesday:

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

5/13 Whiteout Wednesday:

Wear white to whiteout negative thoughts!

5/14 Talk it Out Thursday:

Wear Green for mental health awareness!

5/15 Feel Good Friday:

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

Please note, if you are participating in spirt week the district dress code is still enforced.