

SOURCES OF STRENGTH WEEK

MARCH 28TH- APRIL 1ST 2022

Mellow Monday



Dress up theme
PJ day

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

TEACHER TUESDAY

Dress up theme
Dress like one of your teachers
or Mentors



WELLNESS WEDNESDAY

Dress up theme
Wear your favorite sports gear
or workout gear.
Do a healthy activity



THANKFUL THURSDAY

Dress up theme
Students can donate \$1 to wear a
hat.

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



MENTAL HEALTH FRIDAY

Dress up theme
Hawaiian gear

Activity- 808 Mental Health
Carnival



SOURCES
OF STRENGTH

Lost Mountain Middle School

MAKE A DONATION TO AFSP BY FOLLOWING THIS
LINK

