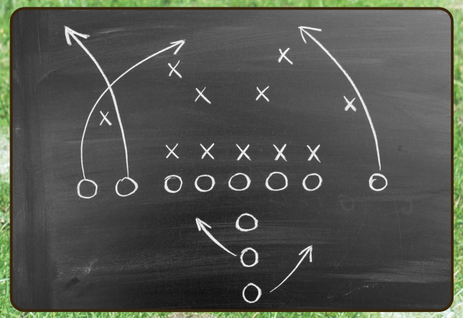
HEALTHY HABITS WEEK

OCTOBER 26TH - OCTOBER 30TH

MONDAY
SET A GAME PLAN



Develop a Growth Mindset

School Activity:

Wear your favorite hat for Hat Day!

Score the Goal:

Identify growth vs. fixed mindsets

PRACTICE HERE!

TUESDAY
DAILY PRACTICE



Practice Mindfulness

School Activity:

Color Run: wear your assigned grade color

Score the Goal:

Use a mindfulness technique!

PRACTICE HERE!

WEDNESDAY
PLAYING THE GAME



Let's get physical!

School Activity:

We wear PINK on Wednesday

Score the Goal:

Play outside or inside for 15 minutes today!

PRACTICE HERE!

THURSDAY
INTENTIONAL GROUNDING



Ground Yourself

School Activity:

Wear your favorite sports jersey

Score the Goal:

Try out a grounding technique!

PRACTICE HERE!

FRIDAY
TEAMWORK MAKES THE DREAM WORK



Know Your Support System

School Activity:

Wear your Halloween costume ($1)

Score the Goal:

Learn how to ask for help!

PRACTICE HERE!