




Mental Health Awareness Week

March 16-20, 2026



"Mental Health Matters: Show Up with Kindness & Support for Yourself and Each Other"

	Mindful Monday March 16	Kindness Works Tuesday March 17	Wellness Wednesday March 18	Thankful Thursday March 19	Francis Friday March 20
Theme	"Standing Up Starts with How We Treat Ourselves and Others"	"Know Your Worth. Use Your Voice"	"Healthy Minds Build Strong Communities"	"Gratitude Turns Us Into Allies"	"We Rise When We Support Each Other"
Dress	Wear Pink, Red, or Match a Friend	Green Top or Rainbow Colors to Show Your Support for Mental Health	Athletic Wear, Jerseys, or Team Shirt	Favorite Travel or Music Top Showing Experiences You are Grateful For	Spirit & Pride
PLEASE NOTE: All Outta Uniform Rules Apply During Theme Days!					
Lunch Activity	Relax with temporary tattoos, grow your own water toy, or make a friendship bracelet.	Win great prizes by participating in Nurse Schmidt's wellness quiz! Also, contribute to the collaborative Semi Colon project.	Build new connections & strengthen our community while having fun with Jenga, cards, and other games. (Feel free to bring your own board games!)	Have fun watching NCAA games.	
Activities for the Day <i>Sponsored by SADD</i>	PM: Make stepping stones & gratitude peace stones - one for yourself to take home and one for our community garden outside. Location: Student Union	PM: Service Hour opportunity with Mr. Schuller making cards and Easter goodie bags for Faith & Fellowship. Location: Student Union	PM: Relax & connect during the ultimate Pickleball Tournament. Location: Slantdome	Enjoy 30 minutes in nature.	All Week: Participate in the Kindness Challenge: "Do one small act of kindness each day."



P.M. Sessions start at 2:35 p.m.
ALL WEEK: Music during lunch in the Student Union

