



Mental Health Awareness Week 2025: March 17-21



Theme for the Week: "SPRING into Action: MAKE a Positive Change for Yourself and Others"

	Mindful Monday March 17	Take a Break Tuesday March 18	Wellness Wednesday March 19	Thankful Thursday March 20	Family Friday March 21
Theme	Spring into action to show your support for Mental Health...not just on St. Patrick's Day but all year long!	Spread Love & Kindness! BE the change You want to see in the world!	Be Who You are: celebrate your uniqueness & feel comfortable in your own skin!	1 in 4 Teens are dealing with Mental Health Challenges: By taking care of ourseleves & each other we can make a difference to feel HAPPIER and less "BLUE"	Shine Your Spirit & Pride! Be the light for yourself & others during life's challenges.
Dress	Green Top with Comfy Sweats	Red, Pink or White	Tie Dye or Cozy Jersey Day	Blue	Spirit & Pride
	PLEASE NOTE: All Outta Uniform rules apply during theme days!				
Lunch Activity	Do good for yourself & others: Have fun with temporary tattoos and bracelet-making and add to the collaborative Window Painting. Let others know there is hope & understanding.	Win great prizes by participating in Nurse Schmidt's Mental Health quiz! Also, be kind to your mind by getting off your phone and instead have fun with cards and Jenga with your peers	Have fun with Kahoot! Great prizes await!!	Have fun with NCAA games during lunches and enjoy popcorn sponsored by SADD Club!	A second day of fun with NCAA games during lunches!
Other Activities	P.M.: SADD Club & Arts and Crafts Club invite you to have fun creating your own bath bombs, Mediation Canvas art, and face painting in the cafeteria.	P.M.: Relax & Rejuvenate through Yoga with Ms. Pratscher in the Rosmowski Room.	P.M.: Service Hour Opportunity with Mr. Schuller & SADD Club: make cards, treat bags, and other needed gifts for Faith & Fellowship in the cafeteria.	P.M.: Have fun with the ultimate Badminton Tournament hosted by SADD Club in Slantdome. No prior experience needed.	All week: Take time to spread positivity through social media by using the hashtag #mentalhealthawareness



P.M. Sessions start at 2:35 p.m.

ALL WEEK: Music during lunch!

