

# MENTAL HEALTH SPIRIT WEEK



MAY 18TH-MAY 22 @ H.D. COOKE ES

## MONDAY, MAY 18 MARVELOUS ME

Wear mismatched clothes to celebrate what makes you unique!



## THURSDAY, MAY 21 THOUGHTFUL MINDS

Wear green to support mental health awareness & remind yourself that taking care of your mind matters!



## TUESDAY, MAY 19 TOGETHER TUESDAY

Wear your H.D. Cooke shirt or colors (white & blue) as a reminder that you are a part of a caring & kind community.



## FRIDAY, MAY 22 FEEL YOUR EMOTIONS

Wear rainbow colored clothing to represent the wide range of emotions we all experience.



## WEDNESDAY, MAY 20 WELLNESS WEDNESDAY

Wear your favorite sports jersey or workout clothes to encourage you to stay active & take care of your body.



★ Mental Health Matters

