

### Monday May 7<sup>th</sup> : Meditation Monday

Wear **BLUE** today to represent Peace



A guided meditation will be provided to all students so that they may find emotional balance and learn techniques that they can use to re-center and refocus. Students will be collectively given a few “take home” meditation scripts to try with their family as well.

### Tuesday, May 8<sup>th</sup> : Take a Walk Tuesday

Wear **BROWN** to celebrate the Beauty of the Earth



The students at the ECC will take a stroll around the building (weather permitting) to enjoy the Earth and its beauty, and promote heart health.

### Wednesday, May 9<sup>th</sup> : Wellness Wednesday

Wear **GREEN** today to represent those yummy vegetables we should be eating



Students are encouraged to bring a “healthy snack and lunch” to enjoy at school

### Thursday, May 10<sup>th</sup> : Thankful Thursday

Wear **PINK** to show your gratitude



Studies have shown that writing about gratitude helps us feel happier. Students will be given the opportunity to write “thank you notes” to someone they are grateful to have in their life.

### Friday, May 11<sup>th</sup> : Forgiveness Friday

Wear **YELLOW** as yellow is the color that represents Forgiveness



Students will be instructed on the importance of forgiveness and how letting go of angry feelings will promote emotional health and wellness. A story about forgiveness will be read to the classes and at the end of the day, students will release bubbles into the air to symbolize that they have let harbored feelings go.

