



Healthy Choices Week Themes : October 16- October 20, 2017

Healthy Choices Week is to focused on promoting positive behaviors and choices that encourage responsible and compassionate character traits.

Monday, 10/16- When you see a friend or classmate not being treated fairly or kindly by another person, STOP and get help. Wear **red** to show your support in stopping negative behavior.

Tuesday, 10/17- Pick your friends by their character and your socks by their color. Wear your **craziest socks** to show your commitment to having positive character traits.

Wednesday, 10/18- Be a good sport- Win or lose, make a promise to play by the rules, encourage your friends and teammates and give respect to your opponents, coaches and officials. Wear clothing that represents any of your **favorite teams or sports**.

Thursday, 10/19 - Appreciate nature and the environment. Make a pact to take care of the land and the wildlife that lives around us by not littering, recycling, and being kind to all the critters we share our space with. Wear **green** or anything with **animals, flowers, or nature** on it.

Friday, 10/20- Never forget how incredible YOU ARE. Your genes are the parts that make you, you- from your hair, eye color, smile, height, talents and favorite things. Own who you are, walk tall and be proud of yourself- we are all different but also amazing! Be proud of your genes and wear **jeans**!

