

SEL WEEK

March 3rd-7th

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Monday

Empathy

“Wear Your Heart on your Sleeve- Show Empathy”: Wear shirts with positive messages that promote kindness, understanding, and compassion.

- *Opening Ritual: Encouragement Wall*

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Tuesday

Self-Awareness

“Strong Mind, Strong Body- Self-Awareness in Action!”: Wear workout gear to symbolize the relationship between physical and mental well-being

- *Opening Ritual: Mad, Glad, Sad*

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Wednesday

Collaboration

“Together We Shine- The Power of Collaboration!”: Work together as team by wearing grade-level colors!

- **Elementary: Red**
- **Middle School: Blue**
- **High School: Green**
- **Transition: Purple**
- **Related Arts: Yellow**
- **Support: Tie-Dye**

- *Opening Ritual: Line, Circle, Square, Triangle*

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Thursday

Adaptability

“Go with the Flow”: Wear mismatched and/or reversible outfits that show flexibility and creativity.

- *Opening Ritual: Nature Sounds*

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Friday

Purpose

“Dress as your Best Self- Celebrate your Purpose!”: Dress in a way that shows your individuality, passions, and future goals. This day is all about self-expression and celebration what makes each person unique!

- *Opening Ritual: I Declare, I Care*