

# **RED RIBBON WEEK**

*October 26<sup>th</sup>-30<sup>th</sup> 2020*

Red Ribbon Week helps to promote making good, safe, healthy choices to show respect to ourselves by taking care of our minds & bodies. We will celebrate this week with daily themes and challenges.

Please feel free to take pictures of yourself celebrating our daily themes and email them to [Kelly.keenan@bristoltwpsd.org](mailto:Kelly.keenan@bristoltwpsd.org) to be featured in our monthly newsletter 😊

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**Monday:** **“Being Respectful is No Sweat”** *Wear sweats or exercise clothes*

**Daily Challenge:** Do 15 jumping jacks, 5 sit ups, and jog in place for 2 minutes

**Tuesday:** **“Relax to the Max”** *Wear Pajamas*

**Daily Challenge:** Take 5 deep breaths & think of a calm, peaceful place or memory

**Wednesday:** **“Team Up for a Healthy You”** *Wear your Favorite Sports Shirt*

**Daily Challenge:** Do a healthy activity with someone else today (cook a healthy meal, play a game of basketball, take a walk, have a dance party)

**Thursday:** **“The Power of Positive Thoughts”** *Dress like a Superhero*

**Daily Challenge:** Think of 5 positive things you can say to yourself or about yourself

**Friday:** **“Hats Off to Self-Respect”** *Wear your Favorite Hat*

**Daily Challenge:** Choose a healthy snack today and try to drink 8 cups of water.