

Wellness Week 2018

**Warhawks for Wellness**

**Monday, December 3rd, Mental Health Monday**

**WEAR GREEN FOR MENTAL HEALTH AWARENESS!**

**Warhawk Time**: **Wellness Screening Grades 10 & 12**

 **Warhawk time activity Grades 9 & 11**

**Tuesday, December 4th, Workout Wear**

**WEAR SWEATS OR TRACK SUITS**

**Warhawk Time**: **Knockout Competition-** Main Gym

 **Yoga –** Wrestling Room

 **Relaxation –** Dance Room

 **Coloring, Board Games & Play-Doh –** Cafeteria

 **Stress Relief Activities**- Warhawk Hall

**Wednesday, December 5th, Pajama Day**

**STAY COZY AND WEAR YOUR PAJAMAS**

**Warhawk Time**: **Speaker –** Auditorium

**Lunches**: **Therapy Dogs** – Courtyard

**Thursday, December 6th, Ugly Sweater Day**

**WEAR AN UGLY SWEATER**

**Warhawk Time**: **Backyard Games** – Main Gym

 **Meditation** – Wrestling Room

 **Coloring, Games, Play-Doh & Stress relief activities –** Cafeteria



**Lunches**: **Ugly Sweater Competition**

**Friday, December 7th, Flannel Friday**

**WEAR FLANNEL**

**Warhawk Time**: **Teacher Bubble Soccer** – Main Gym

\*\*9th grade wellness projects will be on display in the library throughout wellness week. Please encourage your Warhawk Time students to come down and browse.