



**Macomber “BANDs” Together with WES
for MENTAL HEALTH AWARENESS**

May is Mental Health Awareness Month so please use the calendar printed on the back of this May Spirit Day notice to talk with your children about the important connection between a **healthy mind** and a **healthy body**. Use the daily prompts to practice **healthy mindfulness** and exercise random acts of **kindness** and **caring**.

Have some **MHA** fun by participating in the following

WES/Mac Spirit Days and “Band Up” wear your GREEN wristBAND on Fridays
(all will receive a wristband on Friday, 5/6!!)

- **Friday, May 6th – It’s SNUGGLE UP and GET COZY Spirit Day!!** Feeling physically cozy helps with stress so wear your coziest pjs or outfit to school, **BAND-UP** by putting on your **GREEN MHA** wrist band and remember to always **BE KIND!!**
- **Friday, May 13th – It’s FEEL GOOD FRIDAY Spirit Day!!** **DAILY MIND + BODY EXERCISE = GREAT MENTAL HEALTH** so wear your favorite workout gear to school, don’t forget to **BAND-UP** and **BE KIND!!**
- **Friday, May 20th – It’s GOING GREEN Spirit Day!!** Wear as much **GREEN** as you can to show you support **MENTAL HEALTH AWARENESS** then **BAND-UP** and **BE KIND...IT COUNTS!!**
- **Friday, May 27th – It’s MUSIC MANIA Spirit Day!!** Use **MUSIC** to lift your mood!! Wear your favorite band t-shirt to school, (Character shirts are also encouraged as our favorite characters are usually some of our favorite singers) and **BAND-UP...and REMEMBER TO ALWAYS BE KIND!!**



Remember to try the activities on the back of this sheet.