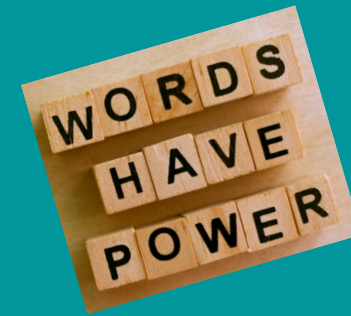


OGDEN ELEMENTARY
WELLNESS WEEK
SPIRIT DAYS

Tuesday October 14th-Friday October 17, 2025

OCT. POWER OF LANGUAGE

14 Wear a shirt with a **POSITIVE MESSAGE** or **WORD** on it.



OCT. UNITY DAY

15 Please wear **ORANGE** today as we represent kindness, acceptance, and inclusion!



OCT. YOGA DAY

16 Today, all classes will be participating in a Yoga class. Please make sure to wear **ATHLETIC** attire!



OCT. COLOR RUN

17 Put on those **WHITE SHIRTS** and get ready to get colorful!



Please make sure to bring in a **PLAIN WHITE** shirt on **TUESDAY**. Your teachers will be giving you instructions of how we will be using our shirts!