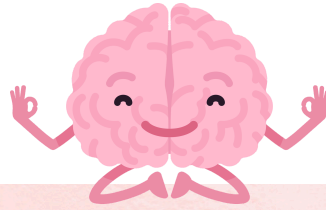


RED RIBBON WEEK 2026

MAKE A DIFFERENCE! BE A HERO!



MINDFUL MONDAY

Mindfulness gives you **SUPERHERO POWERS** to use your breathe to control your mind! A clear mind helps you deal with those BIG feelings. Take a few quiet minutes today to just breathe and create a powerful moment of calm!



TUNE-FUL TUESDAY

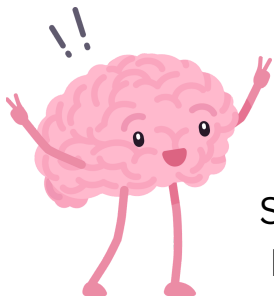
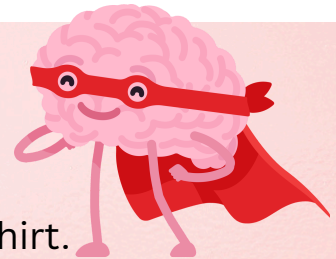
Listening to music, especially classical music, can help engage your mind and reset your attention. Who doesn't want **SUPERHERO FOCUS** to get your work done at lightening speed and accuracy? Listen to some tunes in the classroom today!

WONDERFUL WEDNESDAY

This 2026 Red Ribbon Week theme is

"Make a Difference. Be a Hero."

Celebrate by wearing **RED** or your favorite superhero shirt. Pledge to be kind to your mind by making **SUPERHERO CHOICES** today!



THOUGHTFUL THURSDAY

Let's work on **SUPERHERO KINDNESS** today!

Our words and thoughts are so powerful.

Say or do something nice for someone else today.

Make a card, give a compliment, or help a friend!

FRIGHTFUL FRIDAY

No tricks, all treats! There's no chance for villains when you have a **SUPERHERO MIND**! Halloween is a time to spark imagination and creativity which strengthen and grow your mind!

How spooky is that?

