

# Beat the Blahs

FEBRUARY 27 – MARCH 3

## MOVEMENT MONDAY

Wear your favorite  
athletics/sports  
team



## TAKE A BREATH TUESDAY

Wear hawaiian  
shirts



## WELLNESS WEDNESDAY

Pajama & Hat Day



## THOUGHTFULNESS THURSDAY

Wear your  
mental health  
t-shirt (or green)



(Beat the Blahs Boys Varsity Basketball Game -Thurs.7PM)

## FUN FALCON FRIDAY

Dress in your favorite  
falcon gear

