

MAY is Mental Health Awareness Month

Don't forget how important it is to talk about your **FEELINGS!**



Monday, May 10th: Wear RED

What makes you feel angry/mad/frustrated?



Tuesday, May 11th: Wear BLUE

What makes you sad/blue/unhappy?



Wednesday, May 12th: Wear PURPLE

What makes you fearful/scared/nervous?



Thursday, May 13th: Wear GREEN

What makes you feel disgusted/irritated/annoyed?



Friday, May 14th: Wear YELLOW

What makes you joyful/happy/excited about school?

