

**MONDAY
MAY 1**

**MENTAL
HEALTH
MONDAY!**

Wear your
comfiest outfit,
a good way to
take care of
yourself: your
pajamas!

**TUESDAY
MAY 2**

**TEAM
SPIRIT
TUESDAY!**

Wear your
favorite sports
team attire.

**WEDNESDAY
MAY 3**

**WEAR IT
LIKE A P.E.
TEACHER**

WEDNESDAY

Dress like a
Physical
Education
teacher! As a
P.E. teacher,
you always
have to be
ready to
workout!

**THURSDAY
MAY 4**

**TRAIN LIKE
A YOGI
THURSDAY**

Hey Yogis! Let's
work on our
mental health
and wear our
outfits for our
yoga practice.
NAMASTE.

**FRIDAY
MAY 5**

**FAMILY
FRIDAY**

Lowell Team!
We are a family
here at Lowell,
let's wear our
school spirit!

BE KIND

Shine

AREAS OF HEALTH

Shine

EMOTIONAL HEALTH

Emotional Health is being able to cope with different emotions. At Lowell School, we learn to cope with our emotions by having open conversations and learning to navigate them appropriately!

MENTAL HEALTH

Mental Health is a hot topic addressing our overall well being. We have learned and practice every P.E. class how to meditate. This helps us focus, calm ourselves, and breathe. We are also quite great at our yoga practice!

SOCIAL HEALTH

Social Health is having healthy relationships with others. In P.E., we work on cooperative and team sports to teach us how to work and communicate with each other effectively and nicely.

PHYSICAL HEALTH

Physical Health is keeping our bodies active and healthy. This includes exercise and diet. We introduce various sports and different ways to exercise in a fun way to help us find what we all like to do! At Lowell, are all experts at burpees.... ask us!