

Red Ribbon Week
"Be Kind to your Mind"
October 23rd - October 27th

Dear Parents and Guardians:

Walnut Elementary School will be recognizing Red Ribbon Week from October 23rd through October 27th. Here is a perfect opportunity for your family to discuss the many ways to be kind to your mind. Building a kind mind brick by brick.

Below are some of our activities:

Monday 10/23- "Be Kind to Your Mind" Wear Red!

- Students wear RED to kick off Red Ribbon Week!

Tuesday 10/24 - "Building a Strong Body"

- Students and staff may dress in work out or sports gear.

Wednesday 10/25 - "Let's Build UP"

- Students will participate in a building activity at school.

Thursday 10/26 - "Activate Your Mind"

Movement Brain Breaks

- Students will participate in different ways to activate their minds! Here is one to try at home!
 - Yoga Brain Breaks
- [Disney Yoga | Calming yoga for Kids | PE Cool Down | Brain Break | Mickey and Friends](#)
- [🍁 Super Mario Fall Yoga Freeze Dance 🍁 | Brain Break | Just Dance | PE warmup | GoNoodle inspired](#)

Lego Stop Motion Brain Breaks

- [Lego Chocolate Cake - Lego In Real Life 10 / Stop Motion Cooking & ASMR](#)
- [Lego Oreo Factory - Stop Motion Cooking](#)

Friday 10/27 - "Build A Healthy Community"

- Students wear Walnut Elementary gear.

