

## SELDAY

## Spirit Week March 6-10



### Positive Message Day



#### Self-Management

Manage your stress by wearing a shirt with a positive message and showing gratitude!



### Workout Gear Day



#### Self-Awareness

Show your strength! Wear workout gear or clothing that reminds you to be strong!



# Twin Day





#### Social Awareness

Dress to match with a friend or group of friends!



### Jersey/Team Shirt Day

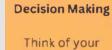


### Relationship Skills

Wear a sports jersey or team gear as a reminder to always be a team player!



Your Big Future Day



Think of your future! Dress as a career you would like to be or wear college gear!

