



RED RIBBON WEEK

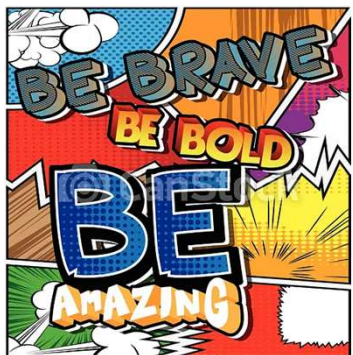
October 25 – 29, 2021

MAKING GOOD CHOICES



MONDAY

**REALLY
EXCELLENT
DECISIONS**



Wear **Red** today

TUESDAY

Be Healthy

- Eat fruits and veggies
- Avoid sugary drinks
- Exercise
- Limit screen time
- Wear sunscreen
- Brush your teeth
- Get lots of sleep

Take a walk with your family & post a pic #soleadoelementaryschool @SoleadoElem



Pajama Day

WEDNESDAY

Work It Out Wednesday

- Solve a problem
- Learn from a mistake
- Not "I can't" – just "not yet"
- Every failure is a steppingstone to success!

Gotcha Day:
Perform a random act of KINDNESS

Soleado Elementary School GOTCHA Card			
Student Name		Teacher Name	
Date: _____			
Event: _____			
Description: _____			
Teacher's Response: _____			
Student's Response: _____			

THURSDAY

Your future is bright!

- Set a goal each week
- Ask for help
- Try until you succeed
- Inspire others

Make a bucket list with your family

- What do you want to achieve this year?
- Where do you want to go?
- Write it down and review at the end of the school year

Wear **NEON** today

FRIDAY

Superhero Day



You have the power to make excellent decisions everyday

Halloween Parade:

Wear your favorite costume with your spirit shirt underneath for after the parade

Monday

DON'T BE PERFECT, JUST BE YOURSELF!

YOU ARE LOVED JUST AS YOU ARE!

Your ideas matter

Your voice matters

You are unique

There is no one else like you

YOU CAN ACCOMPLISH ANYTHING


Tuesday

HEALTHY HABITS BINGO

1 – Review the *MyPlate handout* with your parents.

2 - Create a reward for bingo and blackout

3 – Ready, set, go be healthy!

Try a new veggie	Go for a walk around the neighborhood	Sleep 9 hours	Tell a funny joke	Hold a plank for 60 seconds
Less than 60 minutes of screen time	Brush your teeth after breakfast and before bed	Build an obstacle course	No junk food all day (healthy snacks)	Wear a helmet when riding your bike or scooter
Do an outdoor activity for 60 minutes	Eat dinner with your whole family		Drink 4 glasses of water	Work hard on your homework
Pack your lunch	Read a book before bed	Wear your seatbelt	Drink a cup of water instead of a sugary drink	Wear zinc or titanium sunscreen when out in the sun
Drink 2 cups of milk daily	Eat at least 5 fruits or veggies today	Floss your teeth twice a day (get the gumline)	Play hopscotch	Write a kind note to each family member

Wednesday

WHEN YOU FACE A CHALLENGE, REMIND YOURSELF:

Challenges make me stronger

I will do my best

I should ask for help if I'm not sure what to do

Don't say, "I can't" ... say "Not yet, but I'm learning"

I will do it one step at a time and believe in myself

Learning from mistakes helps me grow

This is tough but so am I

IF YOU GET STUCK:

This is really tricky – can you explain it to me?

I tried a few times – can you help me?

Thursday

SETTING GOALS

- Set a goal; consider:
 - A new skill
 - An adventure, trip, or scavenger hunt
 - School, sports, hobbies
- Write down the steps it takes to meet your goal
- Climb the stairs until you reach your goal
- Celebrate your success

Family Bucket List

Word of the Year: _____

Family Motto: _____

Place to Go: _____

Thing to Do: _____

New Tradition: _____

Way to Show Kindness: _____

Friday

**LET YOUR SMILE CHANGE THE WORLD,
BUT DON'T LET THE WORLD CHANGE
YOUR SMILE.**

Connor Franta

- **I am kind**
- **I am unique so I will not compare myself to others**
- **I can do hard things**
- **I will be a good listener**
- **I will focus and be present**
- **I will take on a new challenge**
- **I will smile at 3 random people**
- **Attitude is everything**
- **Winners don't quit**
- **I will share a highlight of my day with my family**
- **I will take one step closer to completing a goal**
- **If I fail at something, I will learn from it**
- **I choose to have a great day**