

# 2022 Red Ribbon Week – Celebrate Life

the week of Oct. 24 – 28, 2022



## Monday - "SPEAK UP"

See something, say something. Wear Red to show you stand up for others.



## Tuesday-Make Healthy Choices

Being healthy is worth the sweat. Wear your favorite Chaires Elementary Spirit wear, sweats, or yoga pants and take a walk!



## Wednesday -Crazy for KINDNESS

It's Wacky Wednesday. Be silly, be happy, be wacky, be you and be kind!



## Thursday - "Never give up! Follow your dreams!"

Whatever you dream, it's never out of reach. Dream big and aim high Panther! Also, it's important to get a good night's sleep every night, at least eight hours. Get cozy and wear your (school appropriate) pajamas on this day.



## Friday - SCARE off Negativity

Wear a Halloween themed shirt or Black and Orange.

**NO COSTUMES, PLEASE.**