

# February Spirit Week

## Kids Heart Challenge

Each day we will learn how to take care of our own heart and emotional health!

<b>February 2nd</b>	<b>WEAR RED!</b> Wear Red to kick off Heart Month!
<b>February 5th</b>	<b>100th Day of School Outfit</b> OR <b>WEAR BLUE!</b> To remind us it's important to drink water!
<b>February 6th</b>	<b>WEAR GREEN!</b> To remind us to get 10 hours of sleep to feel our best!
<b>February 7th</b>	<b>Global Play Day!</b> and <b>WEAR ORANGE!</b> To remind us that hands only CPR can save a life!
<b>February 8th</b>	<b>WEAR PURPLE!</b> To remind us that being active boosts our mood, muscle strength and brain power!
<b>February 9th</b>	<b>WEAR RED!</b> To remind us to keep our lungs healthy by saying no to vaping and smoking!

