

FRANKLIN MIDDLE SCHOOL STRESS LESS, LAUGH MORE WEEK

MARCH 27TH
MUSIC MONDAY



Music is powerful and can help us feel calmer, more relaxed and even more motivated!

WEAR: Favorite band or singer

MARCH 28TH
THERAPY ANIMAL TUESDAY



Spending time with animals can help comfort us when we feel worried or stressed.

WEAR: Animal print

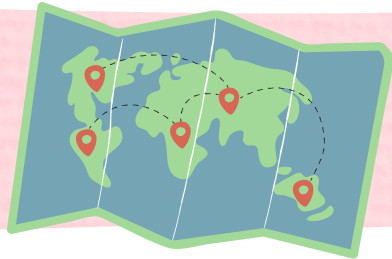
MARCH 29TH
WELLNESS WEDNESDAY



Get ready for the Staff vs. Student Basketball game! Don't forget that exercise can boost positive emotions.

WEAR: FMS spirit or basketball gear

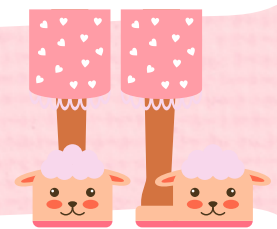
MARCH 30TH
TAKE A TRIP THURSDAY



A great strategy for managing stress is to take an "instant vacation" by temporarily blocking the mind from thinking about the cause of the stress. Let's take an imagination vacation today!

WEAR: Vacation gear

MARCH 31ST
FUN FRIDAY: LAUGH MORE & GET SOME SLEEP THIS WEEKEND!



Laughter can relax your muscles, reduce stress hormones, and improve your mood! Getting more rest can significantly decrease cortisol levels and restore balance to the body's systems.

WEAR: Pajamas

During this week, students will learn effective ways to deal with stressful moments during Falcon Time and lunch. We'll also get a visit from therapy dogs & have a few other surprises. Get excited Franklin!