

FRANKLIN MIDDLE SCHOOL

STRESS LESS, LAUGH MORE WEEK

MARCH 18TH
MUSIC MONDAY



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

WEAR: Favorite band or singer

MARCH 19TH
THERAPY ANIMAL TUESDAY



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

WEAR: Animal print from head to toe

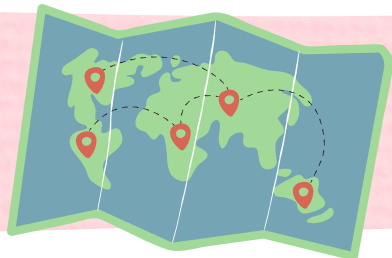
MARCH 20TH
WELLNESS WEDNESDAY



Exercise pumps up your endorphins which can boost positive emotions. It can also help you sleep, which reduces stress.

WEAR: Workout or sports gear

MARCH 21ST
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 22ND
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!