



MONROE MIDDLE SCHOOL

Wellness Week March 13th-17th

MONDAY 3/13 - THERAPY DOGS
WHO LET THE DOGS OUT! ROOF ROOF!
DOGS PROVIDE COMFORT AND AFFECTION



TUESDAY 3/14 - CANVAS & POT PAINTING
ART IS GOOD FOR THE SOUL
ART IS A FORM OF EXPRESSION



WEDNESDAY 3/15 - GAME BOARD FUN
CREATE CONNECTIONS AND GREAT MEMORIES



THURSDAY 3/16 - SOCCER TOURNAMENT
FRIENDLY COMPETITIVE SPIRIT
EXERCISE SCIENTIFICALLY IMPROVES YOUR MOOD



FRIDAY 3/17 - ZUMBA CLASS
GET YOUR DANCE ON
GREAT WAY TO RELIEVE STRESS WHILE HAVING FUN

