

District Counseling Activities for 2019 – 2020

September 2019

- **National Suicide Prevention Month**
- District Color: Yellow
- Wear Yellow every Tuesday in September

October 2019

- **National Bullying Prevention Week**
 - October 7, 2019 – October 11, 2019
 - October 7th – World Day of Bullying Prevention (Blue Shirt Day)
 - **Theme for the Week:** Be Someone's Hero! Stand Up to Bullying
 - District Color: Blue
- Weekly Activities for National Bullying Prevention Week:
 - Monday – I'm BLUE when a bully bothers you!
 - Wear: Blue attire
 - Tuesday – Shine bright, show your pride against bullying!
 - Wear: Bright or Neon Colors
 - Wednesday – Turn your back on bullying!
 - Wear: Wear your clothes backwards
 - Thursday – Be someone's hero today; stand up to bullying!
 - Wear: Superhero attire
 - Friday – Team up against bullying!
 - Wear: Favorite team shirt

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October 2019

- **National Red Ribbon Week**
 - October 21, 2019 – October 25, 2019
 - **Theme for the Week:** Anything is **Pawsible** when you're Drug Free!
 - District Color: Red
- Weekly Activities for National Red Ribbon Week:
 - Monday – Anything is **Pawsible** when you're Drug Free!
 - Wear: FREE Red Day
 - Tuesday – I'm Pink I can stay Drug Free; pick Pink over drugs!
 - Wear: Pink attire
 - Wednesday – Don't get mixed up with drugs!
 - Wear: Mix Match clothes
 - Thursday – Superheroes' put a cap on drugs!
 - Wear: Cap or Superhero shirt
 - Friday – Team up against drugs!
 - Wear: Favorite team shirt

District Counseling Activities for 2019 – 2020

January 2020

- **The Great Kindness Challenge**
 - January 27, 2020 – January 31, 2020
 - District Color: Purple
- Weekly Activities for The Great Kindness Challenge:
 - Monday – Kindness is Purplicious!!
 - Wear: Purple attire
 - Tuesday – It's cool to be KIND!
 - Wear: Your coolest outfit
 - Wednesday – We HEART kindness!
 - Wear: Your favorite heart / love shirt
 - Thursday – Throw kindness around like confetti!
 - Wear: Confetti colors
 - Friday - Roundup your kindness acts!
 - Wear: Western attire