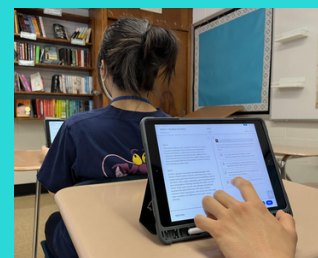


# EOG Spirit Week

May 12-16



## Mighty Monday.

**READ  
EVERYTHING!**

**Wear red**



## Tenacious Tuesday.

**Work out the math –  
show your work!**

**Wear workout clothes**



## Wonderful Wednesday.

**Together we can think  
positive thoughts!**

**No "stinkin' thinkin"!**

**Team or school shirt day**



## Thorough Thursday.

**Taking your time is your  
superpower!**

**Wear a superhero  
shirt/colors**



## Full-of-Rest Friday.

**Get rest to do your  
best! (about 10 hrs)**

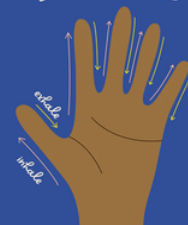
**Wear pajamas**



**The Magic Triangle:  
THINK-FEEL-DO**



**FIVE FINGER  
BREATHING**



## **body**

- Body Check
- Tall as a Tree
- Relaxing Light
- Hug Yourself
- Chair Push Up
- Mindful Movements



**CHAIR PUSH UP**  
(or floor push up)



**TALL AS A TREE**  
Sit up straight! Imagine you are a tree growing tall. Breathe in, then stretch up taller as you breathe out. Breathe in again, and stretch up taller as you breathe out. One more time. Now imagine a wind blowing. Sway side to side in the breeze.

**Dress up days are optional. All students and staff are welcome to participate to help support our 3rd-5th students and teachers.**