

Castlebay Cares Week 2025

During Castlebay Cares Week, our school will focus on our mental health, developing coping skills, and asking for help. Students will practice using positive words, expressing gratitude, identifying Trusted Adults, and utilizing different coping skills. If any student needs additional support, remember that Castlebay Cares.

MONDAY, 9/8

MINDFUL MONDAY



Wear PURPLE to start off Castlebay Cares Week.

TUESDAY, 9/9

GRATI-TUESDAY



Wear your favorite sports team gear.

WEDNESDAY, 9/10

WELLNESS WEDNESDAY



Wear a shirt of your favorite Superhero.

THURSDAY, 9/11

THOUGHTFUL THURSDAY



Wear merch from your favorite music artist.

FRIDAY, 9/12

FUN FRIDAY



Wear your Castlebay School Spirit Wear.

RECESS ACTIVITY

Write a positive message to promote kindness at Castlebay.



RECESS ACTIVITY

Write a thank you note for a Trusted Adult that you have at school and/or at home.



CLASS CHALLENGE

Tell yourself and a friend a Positive Affirmation:
"I am _____"
"You are _____"



CLASS CHALLENGE

Share one of your happiest memories with your classmates.



RECESS ACTIVITY

Practice taking Bubble Breaths to help you when you feel sad, stressed, or upset.

