

**Stress Less/Laugh More Week**  
**April 28<sup>th</sup> – May 2<sup>nd</sup>**

	<b>Monday (R)</b>	<b>Tuesday (S)</b>	<b>Wednesday (R)</b>	<b>Thursday (S)</b>	<b>Friday (R)</b>
<b>Theme</b>	Pay It Forward	Relaxation	Happiness Day	Tropical Day	Laugh More, Stress Less Day
<b>Morning Announcements</b>	Ryan	Ryan	Ryan	Ryan	Ryan
<b>Lunch</b>	Banner w/ Notes (café)	Yoga (dance room) Bubbles (courtyard)	Bubble Wrap (café) DIY Stress Balls (café)	Limbo (courtyard) Hula Hoop (courtyard) Sno-cones (courtyard)	“Hey” Day Nametags Funny Faces Photo (café) Booth & #stressless
<b>Other</b>	Balloons	Spa music playing in between classes		Tropical music playing in between classes	PTSA food giveaway before or after school Funny names on loudspeaker (attendance)
<b>Supplies</b>	<ul style="list-style-type: none"> <li>• Spray Paint</li> <li>• Balloons, Sharpies, Notecards</li> <li>• Banner</li> <li>• Sticky Notes</li> <li>• Candy</li> <li>• Pamphlets</li> </ul>	<ul style="list-style-type: none"> <li>• Gift Card for Dream Yoga</li> <li>• Bubbles</li> <li>• Candy</li> <li>• Pamphlets</li> <li>• PTSA Support during lunch in yoga room</li> </ul>	<ul style="list-style-type: none"> <li>• Bubble Wrap</li> <li>• Flour</li> <li>• Balloons</li> <li>• Slips of Paper &amp; Pens</li> <li>• Candy</li> <li>• Pamphlets</li> <li>• PTSA Support during lunch in cafeteria</li> </ul>	<ul style="list-style-type: none"> <li>• Snocones</li> <li>• Hula Hoops &amp; Limbo</li> <li>• Candy</li> <li>• Pamphlets</li> <li>• PTSA Support during lunch in courtyard</li> </ul>	<ul style="list-style-type: none"> <li>• Name Tags &amp; Sharpies</li> <li>• Baked Goods</li> <li>• Photo Booth</li> <li>• Photo Booth Props</li> <li>• Candy</li> <li>• Pamphlets</li> <li>• PTSA Support delivering baked goods</li> </ul>
<b>Staff Support</b>					
<b>PTSA Support (Lunch)</b>	N/A				N/A