



SEPTEMBER 15, 2025 TO SEPTEMBER 19, 2025

I MATTER, YOU MATTER, WE MATTER!



JOIN US FOR SOME FUN LUNCH ACTIVITIES THIS WEEK!

Monday and Tuesday:

- Write encouraging messages on sticky notes that we will use to make some big poster hearts
- Write on a "my life matters because:" poster

Wednesday and Thursday:

- Coloring/drawing station
- Spin the coping skills wheel- demonstrate the coping skill to win a prize!

Friday:

- "Say Hey Day"- meet other students and play some games with your new friends!



IF YOU OR SOMEONE YOU KNOW
IS EXPERIENCING SUICIDE
IDEATION, PLEASE REACH
OUT TO AN ADULT FOR HELP.



**SUICIDE
PREVENTION
WEEK**