

**Rock Bridge High School**  
**Reality Week March 19-23, 2018**

Monday 3/19	Tuesday 3/20	Wednesday 3/21	Thursday 3/22	Friday 3/23
<p style="text-align: center;"><b>Peace Out to Drugs! Wear Tie-dye!</b></p> <p style="text-align: center;"><u>Color More Stress Less!</u> Coloring has been shown to effectively reduce stress! Join US!</p>  <p style="text-align: center;"><b>Main Commons During Lunch</b></p>	<p style="text-align: center;"><b>Our School chooses to be DRUG FREE! Wear your Green and Gold!</b></p> <p style="text-align: center;"><b><u>DRUNK GOGGLE SIMULATION</u></b> LED BY: <b>OFFICER EDWARDS</b> During A and B <b>LUNCH SHIFTS</b> Outside Planetarium</p>  <p style="text-align: center;"><u>Safe Drivers Presentation.</u> PAC Lobby 3<sup>rd</sup> Block. All classes invited</p>	<p style="text-align: center;"><b>Red-y To Relax! WEAR RED!</b></p> <p style="text-align: center;"><u>Relaxation Station</u> <u>PAC Lobby</u> <u>During Lunch</u></p> <p style="text-align: center;"><b>Take 5! Work in 5 minutes of relaxation during your lunch hour or AUT. Smalls groups will rotate through Using Biodots to practice Biofeedback!</b></p> <p style="text-align: center;"><b>Receive a stress- relieving self-care item on the way out!</b></p>	<p style="text-align: center;"><b>Wild About Healthy Choices!</b> (Wild Animal Prints encouraged)</p> <p style="text-align: center;"><b><u>Resource Fair</u></b> Over 25 agencies from the Columbia community providing great information! Come learn about staying healthy and community resources!</p>  <p style="text-align: center;"><b>Main Commons During Lunch</b></p> <p style="text-align: center;"><b>Raffle Cards for prizes!</b></p>	<p style="text-align: center;"><b>Follow your DREAMS not Drugs! Wear Pajamas!</b></p> <p style="text-align: center;"><u>YOGA and YOGURT</u></p> <p style="text-align: center;"><b>In the AUX GYM 8:10-8:40 AM</b></p> <p style="text-align: center;">Led by Leslie Kersha From Yoga Sol and RBHS!</p> <p style="text-align: center;">Today we finalize reality week with an opportunity to start our day grounded and mindful. Yoga has been proven to help not only with physical ailments but also with anxiety, depression, trauma, and more. A healthy coping choice for all!</p> <p style="text-align: center;">Thanks for participating in Reality Week!</p>