

[5-minute Introduction video](#)



Red Ribbon Week at Highland Park November 8th - 12th

Red Ribbon Week is traditionally a time when students pledge to be drug-free. Scientific research now shows that ***the number one factor in preventing (or reversing) addiction is CONNECTION.*** If we want to have kids, families, and communities immune to addiction, then we must be better connected-and our students must be better connected-to themselves, their school, and of course to their loved ones at home. We will be rewarding participation by doing daily prize drawings. This means the kids will be earning tickets each day for wearing the clothing suggestions and/or making connections at school or home. These tickets will be turned in each day and we will make a special announcement daily saying who the winners are.

Monday -

Drug Free Looks Like Me

[Video](#)

- Wear red to pledge to be drug-free.
- Ask your loved ones what they think about being drug-free. What does it mean to them?

Tuesday -

*Drug Free Looks Like Me
Feeling All My Emotions!*

[Video](#)

- Wear your clothes inside out because it's healthy to let out your feelings.
- Doodle an emotion with your loved one or talk about what it feels like in your head, hand, and heart when you feel a certain emotion.

Wednesday -

*Drug Free Looks Like Me
Being Comfy!*

[Video](#)

- Be comfortable as yourself and wear your pajamas or a cozy sweater.
- Give your loved one an extra big hug today, or look them in the eyes for a few extra seconds.

Thursday -

*Drug Free Looks Like Me
Chasing my Dreams!*

[Video](#)

- Wear your running shoes today.
- Think about something you could do or become with your loved one. Draw a picture of it or write it down and stick it somewhere you will see it often.

Friday -

*Drug Free Looks Like Me
Being a Road Runner!*

[Video](#)

- Wear your HP shirts or school colors today.
- Ask your loved ones about their school mascot or a memory they have from school.

Videos from last year's Red Ribbon Week can be found at:

<https://www.mindfulartco.com/hp-red-ribbon-week>

Some fun meditations and mindfulness activities can be found here:

<https://www.mindfulartco.com/freebies>