

AFHS HOPE WEEK

S Q U A D

February 8-12

MAKE A FRIEND MONDAY

Reach out to someone
new today!

TEAM TUESDAY

Show your support for your favorite
Team or American Fork by wearing
team gear to school!

WELLNESS WEDNESDAY

Do something to take care of
yourself today: read a book, exercise,
hang out with friends, etc

THANKFUL THURSDAY

Post on Social Media or send us an
email about what you are thankful
for!

FORGIVENESS FRIDAY

Let go of your hurt and forgive
yourself or someone else!

Use [#AFHShopeweek](#) or email shantellshoell@alpinedistrict.org to
enter a drawing. Winners will be announced at the end of the week.