

SUN	MON	TUE	WED	THU	FRI	SAT
NATIONAL FEDERATION OF FAMILIES <i>Bringing Lived Experience to Family Support</i>						1 Think about how mental illness has impacted your life.
2 FAMILY DINNER: Talk about how mental illness has affected your family.	3 Talk as a family about BIG emotions . What are they? How do you cope?	4 Discuss ways you can prevent mental health bias and discrimination .	5 Discuss person-first language . What is it? Why is it important?	6 Discuss ways to support others when they are struggling - what to do and say.	7 Wear green today and tell someone " Why green? "	8 Talk as a family about the beauty of diversity Here are some tips .
9 FAMILY DINNER: Use these conversation starting tips .	10 Help your child list their strengths and weaknesses .	11 Download a mental health or mindfulness app .	12 Model kindness in your interactions with others today.	13 Take a walk . Notice what you see, hear and smell.	14 Share self-care ideas and plan one together this weekend.	15 Say "I love you." and "Thank you."
16 FAMILY DINNER: Use these conversation starting tips .	17 Talk about what you are grateful for in your life.	18 Show kindness to someone who might need a friend.	19 Allow your child to hear you compliment them.	20 Help your child reframe a mistake - learn from and improve next time.	21 Say "I'm sorry." or "I forgive you."	22 Express how you feel artistically - draw, paint, write!
23 FAMILY DINNER: Use these conversation starting tips .	24 Encourage your child to try something new this week.	25 Value your child's input . Show that they can trust their own instincts.	26 Ask your child what they are most proud of .	27 Help your child set and plan to reach a personal goal .	28 Model positive thinking . Share the top 3 things that happened this week.	29 Play a feelings game with your family.
30 FAMILY DINNER: Use these conversation starting tips .	31 Remind your child it is ok to talk about their feelings and to ask for help.					

MAY 2-8, 2021

Children's Mental Health Awareness (CMHAW) Family Activity Calendar

