

MAY 2024

FAMILY SELF-CARE CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Exercise your brain: do a puzzle, craft, read, or listen to music.	2 Have a family game night.	3 Create a family routine.	4 Get outside for some fresh air.
5 Learn the facts about Children's Mental Health.	6 Take a break from electronics today.	7 Wear GREEN for Children's Mental Health Day!	8 Try to get a good night's sleep.	9 Take a walk and notice the nature around you.	10 Make a gratitude jar.	11 Engage in a small act of service, hold a door, put away some shopping carts.
12 Practice active listening skills.	13 Call a friend or write them a note.	14 Turn on some of your favorite music for a mini dance party!	15 Write or draw your feelings.	16 Attend the Children's Mental Health Matters Webinar!	17 Make uninterrupted time for someone important in your life.	18 Have a family game night.
19 Take five minutes to sit in silence and breathe.	20 Carve out some alone time to do something you enjoy.	21 Try a healthy new recipe tonight.	22 Take 10 deep breaths or meditate.	23 Declutter one small space or drawer in your home.	24 Move your body in a way that feels good for you.	25 Find something new you want to learn about and research it.
26 List some of your best qualities, and the best qualities of those you love.	27 Choose a favorite story or poem and read it aloud to someone.	28 Have a family yoga night or practice some simple stretches before bed.	29 Look for an opportunity to practice gratitude or forgiveness.	30 Stay hydrated today.	31 Engage your creativity and draw, paint, sing, or dance.	