

# MAY 2024

## FAMILY SELF-CARE CALENDAR

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