



PURPOSE //////////////////////////////////////

- To promote good mental health
- To connect as a family

OBJECTIVE //////////////////////////////////////

- To try a positive mental health activity once per day for a whole month

INSTRUCTIONS //////////////////////////////////////

Materials

- Family Mental Health Calendar
- Various materials for activities (see each PDF link for specifics)

Application

- Check out the full week of activities and see what materials you might need
- Set aside a short amount of time per day to try an activity as a family (Suggested time is about 15 minutes)
- Check off or cross out each activity after completing it

Assembly

1. Print out the Family Mental Health calendar and put somewhere everyone can see it

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



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ONE MONTH OF FAMILY MENTAL HEALTH ACTIVITIES

**WEEK
1**

GRATITUDE

**WEEK
2**

EXERCISE

**WEEK
3**

MINDFULNESS

**WEEK
4**

WELL-BEING

**3 DAY
BONUS**

REFLECTION



WEEK OF GRATITUDE

DAY 1

Post about your pledge to do a month of mental health activities.

DAY 2

Read about how gratitude improves mental health.

DAY 3

Identify trusted people in your life and tell them!

DAY 4

Play the Grateful Candy Game with your family.

DAY 5

Make a list of traits you love about yourself and share them with your family.

DAY 6

Write a thank you note for someone and give it to them (email, text, or mail).

DAY 7

Make a Family Gratitude Jar.



WEEK OF EXERCISE

DAY 1

Remind people about your pledge on social media.

DAY 2

Read how exercise improves mental health.

DAY 3

Go on a Color Walk as a family.

DAY 4

Play Cards Against Inactivity with your family.

DAY 5

Try an online workout together.

DAY 6

Have a family dance party! Put on your favorite tunes and let loose.

DAY 7

Go on a Family Scavenger Hunt as you walk around your neighborhood.



WEEK OF MINDFULNESS

DAY 1

Post a positive message on social media.

DAY 2

Read about mindfulness and mental health.

DAY 3

Pick your own template and have everyone in the family try a Zentangle!

DAY 4

Use a conversation starter to have a meaningful conversation with your family.

DAY 5

Try a mindfulness activity:

Word Breathing

Mindfulness Jar

DAY 6

Try a random act of kindness together by decorating and sharing positive bookmarks.

DAY 7

Do a family activity your love that doesn't involve screens!



WEEK OF WELL-BEING

DAY 1

Share a recap of what you've done for the pledge so far.

DAY 2

Read about the link between nutrition and mental health.

DAY 3

Try mindful eating with this Interactive Walkthrough!

DAY 4

Do a family activity your love that doesn't involve screens!

DAY 5

Start a Family Self-Care Menu by listing the starters and some mains.

DAY 6

Finish your Family Self-Care Menu by listing the rest of the mains and desserts.

DAY 7

Prepare a healthy snack and eat together. Recipe ideas here.



BONUS REFLECTION DAYS

DAY 1

Ask your friends and family what their favorite way to relax is.

DAY 2

Write down your 3 favorite activities from the pledge this month and tell your family.

DAY 3

Post your final takeaway from the month and one thing you'll try to maintain moving forward.

