

SUN

MON

TUE

WED

THU

FRI

SAT

NATIONAL FEDERATION OF FAMILIES  
Bringing Lived Experience to Family Support



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

