

MENTAL HEALTH & WELL-BEING ACTIVITY CALENDAR FOR FAMILIES

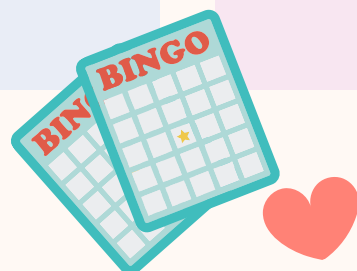
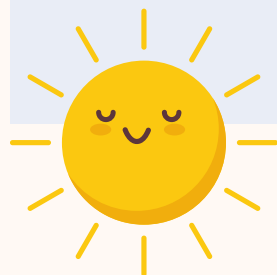
Mindset Monday

Rise & Shine Activities:

Starting the day by doing something creative, calming, or inspiring allows us to begin each day in a positive way. This gives our brain a chance to prepare for learning in a meaningful way.

Each morning, encourage your child to start the day doing an activity of choice for twenty minutes.

These activities could include drawing, playing outside, listening to music, dancing, meditating, yoga, or going for a walk!



Try It Tuesday

Self-Care Bingo:

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm. Activities can include things you do on a day-to-day basis or new activities.

This month, challenge yourself to complete as many self-care activities as you can. This will help you learn new positive coping strategies.

Make your own bingo cards with this [free, simple app](#)! Make one for each member of the family. Check out [Kids Help Phone's self-care checklist](#) for ideas!

Wellness Wednesday

Calming Our Minds and Bodies:

By using some specific breathing exercises and movements, we can focus our minds and calm our bodies. When we are in control of our emotions, we feel empowered to be able to handle the stresses or frustrations that may occur throughout our day.

Below are a few "GoNoodle" videos to try.

[Bring it Down](#)

[Melting](#)

[Rainbow Breath](#)

Thankful Thursday

The ABCs of Gratitude:

Generate a list of things you are grateful for, beginning with 'A' and working all the way through the alphabet to 'Z'. Your challenge is to see if you can find something you are grateful for using every letter of the alphabet! Keep in mind that good things do not have to be BIG things, they can be simple or small things that make your day!

Are you up to the challenge?



Family Friday

Family Game Night:

Plan a family game night! Make the time to laugh and enjoy each other's company.

You can also organize a virtual game night with a family outside your bubble, and play charades, trivia, or online games!



Click on the [links](#) for activity information!

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Mindful Monday

Mindful Colouring:

Creating art allows us to disconnect from stress and act as an outlet to express our inner thoughts and emotions.

Art comes in many different forms such as drawing, poetry, painting, and more.

Please enjoy some online colouring for stress relief below. The [colouring pages](#) can be completed online or printed and coloured.



Try It Tuesday

Healthy Smoothies:

Refueling your body with good food is an important part of our mental health.

Smoothies are an excellent way of getting healthy foods like bananas, strawberries and even spinach into our system. Check out a few healthy [smoothie recipes](#) here!



Wellness Wednesday

Winter Scavenger Hunt:

Exercise is not only important for your physical health, but for your mental health as well. It is especially important to make some time to get outside for some sunshine and fresh air!

Challenge:

Try a Nature Scavenger Hunt around your neighbourhood! Wherever you go, try to name what you hear, see, touch and smell. This is a great activity to ground yourself.

[Winter Scavenger Hunt](#)



Thankful Thursday

Family Gratitude Jar:

Make a family [Gratitude Jar](#)! Write or draw notes of gratitude about things, places, events, or people you are thankful for. Take a note from the jar each day and read out loud as a family.

Find more gratitude practices for the whole family [here](#)!



Family Friday

Field Trip Friday:

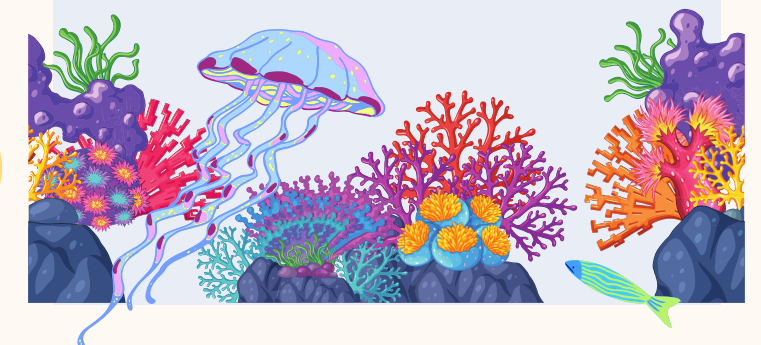
Stuck at home? Why not take a virtual field trip! Explore Ripley's Aquarium of Canada at home (for free)! Learn all about the amazing animals of our world's waters!

Check out [live feeds](#) & play a fun game of "I Spy" while you watch.

[I Spy - Rainbow Reef](#)

[I Spy - Ray Bay](#)

[I Spy - Dangerous Lagoon](#)



Click on the [links](#) for activity information!

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Mindful Monday

Mindfulness Jar:

A Calming Glitter Jar is a great tool for calming down and a fun craft project to do with your child. The Calming Glitter Jar is a proven mindfulness tool and it can help to relax both kids and adults of all ages.

Click the Calming Jar below for instructions!



Try It Tuesday

Activity:

Bake a special treat together – cookies, muffins, or whatever your family enjoys. Work together to measure, mix, and enjoy the final product!



Wellness Wednesday

The Reflection in Me:

Finding the courage to appreciate one's own talents, hard work, passions, and unique story can take practice, but The Reflection in Me is a reminder that "you are perfectly perfect just the way you are".

Activity:

Invite your child to grab a blank piece of paper and write "Perfectly Perfect" in the centre.

They then sketch/draw/write examples that make them perfectly perfect. There are no rules... want to use markers? Go for it! What to keep it simple with just a pencil? Yes!

What makes YOU perfectly perfect?



Thankful Thursday

10 Gratitude Drawing Prompts for Kids:

Below you'll find 10 simple drawing prompts to help your child FEEL the joy of gratitude:

1. Draw something that makes you happy.
2. Draw something you couldn't live without.
3. Draw someone who helps you.
4. Draw something that makes you smile.
5. Draw something you love to do.
6. Draw something you are thankful for.
7. Draw someone you love.
8. Draw something you think is fun.
9. Draw something that makes you feel good.
10. Draw something that makes you laugh.



Family Friday

Family Movie Night:

Enjoy a night at the movies, right at home. Pick a movie, make popcorn, enjoy snacks, and unplug from tablets and phones.



Click on the links for activity information!

MENTAL HEALTH & WELL-BEING ACTIVITY CALENDAR FOR FAMILIES

Mindset Monday

Four-Finger Affirmation:

Looking for a strategy to assist your child to be calm and confident? Try this four finger affirmations strategy. Think of a four-word affirmation.

Examples:

- "I can do this".
- "Try, try again always".
- "Today will be awesome".
- "I'll get through this".

Repeat your affirmation daily & anytime you need a reminder, tapping each finger (For each word) with your thumb.

The more you say this to yourself the more you will feel that what you say is true.



Try It Tuesday

How to Draw!

All you need is a pencil and paper and you can follow along with these videos. There are simple instructions for drawing some silly objects.

[Art for Kids Hub](#)



Wellness Wednesday

Calming Kit Construction:

Calming Kits are simply personalized boxes filled with things children can use when they feel big emotions. Items will vary based on the individual and what supports them when they experience tough times or difficult emotions.

Calming kits can support children to calm down by helping them engage in calming or relaxing activities that are visual and hands-on in nature.

Below are some ideas of what to include in your calm down kit!

[Building a Coping Toolbox](#)



Thankful Thursday

Three Good Things

In our day-to-day lives, it's easy to get caught up in the things that go wrong. As a result, we often overlook everyday beauty and goodness - a kind gesture from a stranger, or the warmth of the sun on a chilly morning.

Noticing and being grateful for the big and the small is a way you can find happiness each day.

Talk as a family about 3 good things that happened today. For best results, try to make this a daily practice in your every day routine!

Family Friday

Jar of Fun:

Brainstorm a list of activities and write them down on slips of paper. Place them in a jar. When someone gets bored, pick an activity from the jar to do alone or with someone in the family.

Examples: Read or listen to a book, journal, make a fort, colour, make affirmation or kindness rocks, put together a puzzle, create leaf rubbing art, play a board game, make friendship bracelets, video chat with a friend, learn a new skill (coding, origami, etc.)



Click on the [links](#) for activity information!

Find more information on mental health and wellness by visiting:

[School Mental Health Ontario](#)

[Kids Help Phone](#) Click on Get Info