

Children's Mental Health Awareness Week May 5-11

Tips for Fostering Resiliency in Your Child

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Find out what resiliency & mindfulness mean.	2 Help your child list three things they look forward to this month.	3 Offer a safe space for your child to talk.	4 Practice positive self-talk.
5 Schedule a consistent device free time with your family.	6 Empower your child by teaching that they are in control of their bodies.	7 One of the MOST important things you can say to your child is "I BELIEVE IN YOU".	8 Shine Green for Mental Health Day! Wear Green Today!!	9 Feelings are important! Draw, write about or even act out your emotions!	10 Be active together. Walk or ride your bike to school today.	11 Encourage your child to challenge negative thoughts.
12 Practice taking slow breaths and blowing bubbles to practice calm breathing.	13 Give feedback without criticism or judgment.	14 Think through a problem and come up with all the possible solutions.	15 Tell kids when you notice something they might be feeling.	16 As a family, make a list of things you are most thankful for.	17 Don't forget to say "I love you" and thank you.	18 Remind your child that it's okay to ask for help.
19 Help your child set realistic goals and create steps to make them happen.	20 Spend an extra 30 minutes outside today.	21 Put a positive note in your child's lunch or back pack.	22 Read a book about feelings and talk about how to be empathetic toward others.	23 Listening to soothing music will help decrease stress.	24 When you feel like you can't do something, try adding the word "yet".	25 Feeling frustrated? Take a deep breath and count to 10.
26 Be kind to yourself when you make a mistake	27 Take 5 minutes to sit still and just breathe.	28 Talk about one thing that you & your child learned today.	29 Complete a random act of kindness for someone today.	30 Learn and practice a new coping skill.	31 Lead by example. Eat healthy and exercise.	
