

Children's Mental Health **ACCEPTANCE** Week 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Think about how mental illness has impacted your life.	2 Talk as a family about BIG emotions . What are they? How do you cope?	3 Discuss ways you can prevent mental health bias and discrimination .	4 Discuss person-first language . What is it? Why is it important?	5 Discuss ways to support others when they're struggling - what to do and say.	6 Wear green today and tell someone "Why green?"
7 FAMILY DINNER: Use these conversation starting tips .	8 Talk as a family about the beauty of diversity Here are some tips .	9 Help your child list their strengths and weaknesses .	10 Download a mental health or mindfulness app .	11 Model kindness in your interactions with others today.	12 Take a walk . Notice what you see, hear and smell.	13 Share self-care ideas and do one together this weekend.
14 FAMILY DINNER: Use these conversation starting tips .	15 Say "I love you." and "Thank you."	16 Talk about what you are grateful for in your life.	17 Show kindness to someone who might need a friend.	18 Allow your child to hear you compliment them.	19 Help your child reframe a mistake - learn from and improve next time.	20 Say "I'm sorry." or "I forgive you."
21 FAMILY DINNER: Use these conversation starting tips .	22 Encourage your child to try something new this week.	23 Value your child's input . Show that they can trust their own instincts.	24 Ask your child what they are most proud of .	25 Help your child set and plan to reach a personal goal .	26 Model positive thinking . Share the top 3 things that happened this week.	27 Express how you feel artistically - draw, paint, write!
28 FAMILY DINNER: Use these conversation starting tips .	29 Remind your child it is ok to talk about their feelings and to ask for help.	30 Play a feelings game with your family.	31 Talk about how mental illness has affected your family.	NFF NATIONAL FEDERATION OF FAMILIES <i>Bringing Lived Experience to Family Support</i> 		
				May 7-13, 2023 WWW.FFCMH.ORG/AWARENESSWEEK		