

WE ALL HAVE A ROLE TO PLAY

Experience, discover, join in and connect with Mental Health Month

Connection Calendar for **families**

Discover what's on these school holidays
@Share our Space

Click through the calendar or use the link below to explore and connect

SCHOOL HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 <u>See if your school is open through Share our Space</u>	26 <u>Create a family logo</u>	27 <u>Start your day with 5 mindful moments</u>	28 Before dinner, talk about the best thing that happened today. What made it so good?	29 <u>Sign up for Black Dog one foot forward walking challenge</u>	30 Kick off the month by creating your ultimate 'feel good' playlist	1 Explore your neighbourhood. Let your kids decide where to turn and see where you end up
2 Tech-free day. Enjoy reading, walking, cooking or playing family boardgames together	3 Give your plants some TLC	4 Donate 5 items each to charity – and think how the new owner might use them	5 Create an obstacle course with household items – and beat your best time	6 <u>Spend 5 minutes on your own and focus on your breathing</u>	7 <u>Enjoy a family 'cook in' where everyone helps to cook – and clean up, and if you can, give to a good cause</u>	8 <u>Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night</u>
9 Grab a coffee/tea or sparkling water and read a book outdoors	10 World Mental Health Day 75th anniversary	11 <u>Wish a student doing their HSC good luck</u>	12 <u>Lay quietly and listen to the sounds of your home. What do you hear?</u>	13 <u>Consider volunteering in your local area, as a family</u>	14 Phone a friend for a chat and a laugh	15 <u>Do a 'Just Dance' challenge from Youtube with your family</u>
16 <u>Discover new apps</u>	17 Do something kind for yourself	18 <u>Ever tried origami? Today might be the day.</u>	19 <u>Take up an old skill or hobby or try a new one</u>	20 Movie night. A classic you love or a new release. Don't forget the popcorn and PJs	21 <u>Try eating something new – and fresh</u>	22 Spring clean a spot where you like to spend time
23 Stay hydrated today. Drink your recommended water intake.	24 <u>What are the 5 things you love most about your family</u>	25 Before you go to sleep – try a calming countdown	26 Share your feelings with someone you trust, and listen to them as well	27 <u>Recognise World Teachers' Day</u>	28 <u>Stay active</u>	29 <u>Grandparents Day – share a family memory or photo</u>
30 <u>Write down any worries you have, and put them into perspective. And contact help if you need it</u>	31	<p>Mental Health Month – we all have a role to play education.nsw.gov.au/student-wellbeing/mental-health-month</p>				