

# WE ALL HAVE A ROLE TO PLAY

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

## Connection Calendar for young people

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
<b>25</b> <u>See if your school is open through the Share our Space program</u>	<b>26</b> <u>Come up with a motto for your family</u>	<b>27</b> <u>Start your day with 5 mindful moments</u>	<b>28</b> Before dinner, talk about the best thing that happened today. What made it so good?	<b>29</b> Use a tracking app to commit to exercising every day during October	<b>30</b> Make a fun music video	<b>1</b> Pick a local spot on the map and lead your family there
<b>2</b> Unplug – have a device-free day	<b>3</b> Phone a friend for a chat – rather than message them	<b>4</b> Loan a friend something you know they would value	<b>5</b> Kick a ball, drop a basket, go to the skate park with friends	<b>6</b> <u>Try box breathing, it's as easy as 1, 2, 3, 4</u>	<b>7</b> <u>Surprise your family with a new tasty, healthy meal</u>	<b>8</b> Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night
<b>9</b> <u>Discover new and different ways to relax</u>	<b>10</b> <b>World Mental Health Day</b> <u>Create a connection</u>	<b>11</b> <u>Message a friend doing their HSC and wish them good luck</u>	<b>12</b> Lay quietly and listen for calming sounds. What do you hear?	<b>13</b> Think about someone you admire, what values do you share with them?	<b>14</b> Arrange to meet up with a friend	<b>15</b> <u>Do a 'Just Dance' challenge from Youtube</u>
<b>16</b> <u>Discover a new app for you or a friend</u>	<b>17</b> Help out with a chore that you usually don't do	<b>18</b> <u>Try your hand at origami</u>	<b>19</b> <u>Take up an old skill or hobby or try a new one</u>	<b>20</b> Create a lucky dip of favourite movie titles – for a family movie night with the lucky draw	<b>21</b> Complete a journal entry each day for a week	<b>22</b> Offer to help cook dinner
<b>23</b> Drink more water, it's great for your body and brain	<b>24</b> Write down what you like most about you and your family	<b>25</b> <u>Before you go to sleep – try a calming countdown</u>	<b>26</b> <u>Master a new skill – like juggling</u>	<b>27</b> <u>Recognise World Teachers' Day</u>	<b>28</b> <u>Stay active</u>	<b>29</b> <u>Grandparents Day – if you can, call your grandparents and have a chat</u>
<b>30</b> <u>Reachout if you need to – don't keep any worries to yourself</u> <a href="http://au.reachout.com">au.reachout.com</a> or Kids Helpline 1800 55 180	<b>31</b> <u>There are people you can talk to every day at school</u>	<p><b>Mental Health Month – we all have a role to play</b> <a href="http://education.nsw.gov.au/student-wellbeing/mental-health-month">education.nsw.gov.au/student-wellbeing/mental-health-month</a></p>				