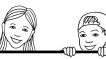


practice gratitude

and forgiveness.

schedule this week!

May 2021





MONDAY TUESDAY **THURSDAY** SUNDAY WEDNESDAY FRIDAY Children's Children's Mental Health Awareness Week is May 2-8, 2021 Tips for Practicing Self-Care as a Family

Go play in the park, if possible!

	Learn the facts about children's mental health!	Write positive notes to family members or friends!	Exercise your brain: do a puzzle, craft, read, listen to music.	Reach out for support - from family, friends or a professional.	Wear GREEN for Children's Mental Health Awareness!	7 Gather together tonight for storytime!	R Take a break from electronics today.
	q Create a family routine.	Have a family dinner and take time to encourage one another.	II Stay hydrated and try to eat a balanced diet.	Take some alone time to do something you love.	Talk about favorite family memories together.	Turn on your favorite music for a family dance party!	I5 Make mindfulness jars or find a new way to practice this!
	Clean up/declutter your living space.	Try to get to bed a little earlier tonight.	l g Verbalize and talk about feelings.	For 5 minutes, try a meditation and recenter yourself.	Take a family walk and notice all the things in nature.	Have dinner outside tonight.	Reevaluate self-care plans. Build in some flexibiity.
	Look for something new to learn about together as a family.	Study the details of something you love and draw it!	Remain positive about the future. Create goals & vision boards!	26 Have Family Yoga Night before bed!	27 Try a new, healthy recipe for a meal today!	29 Engage in an act of service.	29 Make a to-do list and mark it off today!
	Cut something out of your family	Look for opportunities to	The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland & the Maryland Coalition of Families with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School & Community Champions across the state, is to raise public awareness of the importance of children's mental health.				



For more information, please visit www.ChildrensMentalHealthMatters.org **MHAMD:** 443-901-1550 www.mhamd.org MCF: 410-730-8267 www.mdcoalition.org