

Children's Mental Health ACCEPTANCE Week 2024

Theme: Lighting the Path to Social Justice for Children and Youth

May 5-11, 2024

NFF NATIONAL FEDERATION OF FAMILIES
Bringing Lived Experience to Family Support

www.ffcmh.org/acceptancecampaign

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