

# Children's Mental Health **ACCEPTANCE** Week 2022



## CMHAW Redefined: Moving from Awareness to **Acceptance** in 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1 <b>FAMILY DINNER:</b> Talk about how <b>mental illness</b> has affected your family.	2 <b>Think about how mental illness</b> has impacted your life.	3 Talk as a family about <b>BIG emotions</b> . What are they? How do you cope?	4 Discuss ways <b>you can prevent mental health bias and discrimination</b> .	5 Discuss <b>person-first language</b> . What is it? Why is it important?	6 Discuss <b>ways to support others</b> when they're struggling - what to do and say.	7 Wear green today and tell someone <b>"Why green?"</b>
8 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	9 Talk as a family about the beauty of diversity <b>Here are some tips</b> .	10 Help your child <b>list their strengths and weaknesses</b> .	11 Download a <b>mental health or mindfulness app</b> .	12 <b>Model kindness</b> in your interactions with others today.	13 <b>Take a walk</b> . Notice what you see, hear and smell.	14 Share <b>self-care ideas</b> and do one together this weekend.
15 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	16 Say "I love you" and "Thank you."	17 Talk about <b>what you are grateful for</b> in your life.	18 <b>Show kindness to someone</b> who might need a friend.	19 Allow your child to hear you compliment them.	20 <b>Help your child reframe a mistake</b> - learn from and improve next time.	21 <b>Say "I'm sorry."</b> or "I forgive you."
22 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	23 Encourage your child to <b>try something new</b> this week.	24 <b>Value your child's input</b> . Show that they can trust their own instincts.	25 Ask your child <b>what they are most proud of</b> .	26 Help your child set and <b>plan to reach a personal goal</b> .	27 <b>Model positive thinking</b> . Share the top 3 things that happened this week.	28 <b>Express how you feel</b> artistically - draw, paint, write!
29 <b>FAMILY DINNER:</b> Use these <b>conversation starting tips</b> .	30 Remind your child <b>it is ok to talk about their feelings</b> and to ask for help.	31 Play a <b>feelings game</b> with your family.	<h1>May 1-7, 2022</h1> <p>NATIONAL FEDERATION OF FAMILIES <i>Bringing Lived Experience to Family Support</i></p>  <p><a href="http://WWW.FFCMH.ORG/AWARENESSWEEK">WWW.FFCMH.ORG/AWARENESSWEEK</a></p>			