

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



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

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