



A Week of Wellness for Parents/Caregivers and their children.

Use this wellness calendar daily to incorporate different activities into your everyday.

****you can tailor these activities to fit the needs of your students****

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Reflect with your child about someone who has impacted both of your lives for the better. It could be a friend, family member, teacher or coworker.</p> <p>Together with your child write that person a thank-you note. If they're not sure what to say, use the following prompts:</p> <p>What are some of the qualities that made them wonderful?</p> <p>Why are you grateful for them?</p>	<p>Sometimes we get distracted by other people's lives; social media and other methods of influence can lead us to spend a significant amount of time wishing for bigger and better.</p> <p>Ask your child the following questions to have a meaningful conversation.</p> <p>What do you crave/feel distracted by the most about other people's lives?</p> <p>What about yourself do you love/appreciate the most?</p>	<p>Gratitude is not just something you say. It can also be something you experience with each of your senses.</p> <p>Take a nature walk with your child and reflect on the day by answering the following prompts:</p> <p>Name someone you enjoyed talking to recently.</p> <p>Name something you touched that felt good.</p> <p>Name something you saw that was beautiful.</p> <p>Name something that you heard that inspired you.</p> <p>Name something that you ate that tasted amazing.</p>	<p>Use one of the NAMI mental health playlists to do activities like cooking, doing homework or taking a shower.</p> <p>Encourage your child to dance, move and take small actions to inspire and encourage them to care for their mental health.</p>	<p>Flashback Friday: share a moment in your life where you were experiencing increased anxiety, stress or sadness.</p> <p>Share advice / words of encouragement you would give your younger self with your child and invite them to share reflections from the week and advice they would give to their younger selves.</p>

