

## We Care/Mental Health Awareness Month May 2020 Parents: 31 ways in 31 days to practice self-care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WE CARE					1 Listen to music	2 Dance
3 Cuddle with a child or	4 Write in a journal	5 Accept your feelings	6 Make a list of things you are thankful for	7 Draw a picture of something important to you	8 Talk to a friend/family member about	9 Talk with your child about your favorite childhood memory
pet 👘		Weekly Theme: Wear your heart on your sleeve			your feelings	
10 Watch a fun movie- look for helpers in the characters	11 Do one thing special for someone in your life	12 Make a list of helpers in your or your child's life	13 Call or text someone who has helped you to let them know you appreciate them	14 Talk to your child about helpers in their life	15 Create a list of ways that you can help a family member at home	16 Write a Thank you Card to someone who has helped you along the way
Weekly Theme: Look for helpers						Thank
17 Call a friend or family member to	18 Read & Share an inspiring quote	19 Thank your mail carrier for their help	20 Accept your feelings	21 Talk to a trusted loved one about your feelings	22 Make a list of things you're thankful	23 Do one thing today that makes you happy
check on them		Weekly Theme: We Care Champions			thankrui	
24 Practice Meditating for 10 minutes	25 Eat your favorite meal	26 Watch a fun movie	27 Get or give a massage	28 Celebrate the end of the school year with your child	29 Take a nap	30 Give yourself a manicure/pedicure
31		Weekly Theme: Take Care of yourself			5 F	
Try a new cooking recipe						