


# May 2019

## Mental Health Awareness Month Tips for Fostering Resiliency

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Help your child list three things they look forward to this month.	2 Practice positive self-talk with your child.	3 Remind your child you are safe person to talk to about anything.	4 Do a family activity outside if possible.
5 Schedule a consistent device free time with your family	6 Empower your child to know they are in control of their bodies	7 Model positive and healthy relationships	8 Learn and practice a new coping skill like deep breathing	9 Encourage your child to challenge negative thoughts	10 Give feedback or correction without criticism	11 Spend an extra 30 minutes outside today
12 Play a family game	13 Teach your child how to think through problem solving steps	14 Don't forget to say "I love you" and "thank you"	15 Remind your child that it's okay to ask for help	16 Teach your child how to set realistic goals and action steps	17 Help your child name the things that make them feel safe	18 Complete a random act of kindness with your child
19 Take time to practice deep breathing and counting to 10	20 Have your child tell you about the other adults they trust to support them	21 Teach your child how to have empathy for others	22 Make sure to compliment the great things about your child	23 Stay positive about what the future has to offer for your child	24 Remind your child that all emotions are normal it's how we handle them that matters	25 Volunteer or serve your community
26 Talk about feelings and how writing or drawing is a good way to get them out	27 Be kind to yourself when you make a mistake. Mistakes are proof you are trying	28 Laugh, play, joke and enjoy each other	29 Give your child examples of how you handle being upset	30 Show your child that taking care of yourself is important	31 Say I love you and thank you to your child every chance you get	 <b>NOBLESVILLE SCHOOLS</b>