






# May Family Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5. Tell your kids/parents you love them</p> <p>12. Play the M and M game- Use M&amp;Ms to learn something new about one another (for every color M&amp;M, list what has to be shared i.e. red M&amp;M, your worst fear, blue M&amp;M your best vacation)</p> <p>19. Learn a card game together you can all play together</p> <p>26. Cook dinner together</p>	<p>6. Do an outdoor activity</p> <p>13. Bake something as a family, all hands on deck!</p> 	<p>7. Take a tech break (no phones at dinner)</p> <p>14. Take a tech break (no phones at dinner)</p> <p>21. Take a tech break (no phones at dinner)</p> <p>28. Take a tech break (no phones at dinner)</p>	<p>8. Visit a local community spot together (library, museum, etc.)</p> <p>15. Tell each family member what makes them special to you</p> 	<p>9. Play telephone (helps everyone learn how to listen!)</p> <p>16. Share a family story</p> <p>23. Talk about the family's mental health, why is it important to talk about?</p>	<p>3. Say something nice to each other (be specific!)</p> <p>10. Get ice cream together</p> <p>17. Talk about the best part of your day and the worst part of your day (i.e. highs and lows)</p> 	<p>4. Movie night!</p> <p>11. Do a meditation exercise together</p> <p>18. Do a mindfulness activity together</p> <p>25. Join a community service organization, or donate some clothes!</p>
<p>27. Take a class together</p>	<p>20. Have a family picnic (bring games!)</p>	<p>22. Make a family collage from pictures in the family albums</p>	<p>29. Give each family member "down time" to be by themselves and enjoy relaxing</p>	<p>30. Karaoke night</p>	<p>31. Plan how to continue family wellness every month</p>	<p><b>MENTAL HEALTH AWARENESS MONTH</b></p> 