

31 Days of Mental Health Challenge

Daily Mindfulness Calendar
for Kids and Families

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Sleep Do your parents always want you to go to bed on time? Getting enough sleep is important for your mental health.	2 Food Make good food choices. You need more veggies and less sugar for good mental health.	3 Exercise Being active is good for your mental health. Did you know that exercise wakes up the “happy” feelings in your mind and body?	4 What Are You Thinking? What’s going on in that head of yours really matters for your mental health and mood.	5 Write It Down Putting thoughts into words can help you feel better.	6 Vision Board You are a very creative kid. Expressing yourself with pictures and words is a good way to improve how you feel and helps to build your dreams.
7 Use Your Nose Did you know that what you smell can wake up happy feelings?	8 STOP Sometimes you just need to S.T.O.P. Stop. Take a breath. Observe. Proceed. Try this with your folks.	9 Buddy System Having a buddy help you keep on track with your goals can help you be successful.	10 Cool the Pizza If you are getting angry or mad “Cool the Pizza” by breathing in and slowly breathing out.	11 Name That Feeling You have lots of feelings inside. Learning how to notice and name your feelings will help you learn about your mental health.	12 Five Senses You have five main senses in your body that can help you know yourself better. Practice with your parents to name your five senses.	13 Fly Like a Bird Pretend your arms are wings and bring them up and down slowly while you breathe along.
14 Spring Showers Flowers need rain to grow and so do people. Try this kind of R.A.I.N to grow: Recognize it. Allow it. Investigate it. Nurture yourself.	15 Gratitude Did you know that gratitude can help you feel better? Say or write what you’re grateful for and see how you feel.	16 Be Kind to Yourself If we make a mistake, or things don’t work out the way we want, we can be pretty hard on ourselves. That’s when to give yourself a compassion break.	17 Sound Bath Loud sounds and noise can upset the nervous system and make us feel stressed. Let soothing sounds wash over you, a bell, a gong, instrumental music.	18 Mind Cleaning Have your parents ever told you to clean your room? There’s another kind of cleaning that also helps — inside your mind. It can help you feel as good as a nice clean room.	19 Clean Your Hands You know you need to wash your hands to get rid of germs, but did you know it can also calm your nerves when you do it slowly?	20 EQ EQ means Emotional Intelligence and we can all get smarter by working on self-awareness.
21 Reflect When you look into a pond, what do you see? Your reflection. Give yourself time to reflect.	22 Try It on for Size To get better at something, we have to practice. The same thing is true for feelings.	23 Raisin Exercise Sometimes we eat so fast we don’t even taste our food. Try eating a raisin slowly and consciously for a taste explosion.	24 Glitter When your mind is too full, fill a jar with water and glitter, shake it up, and watch the glitter settle to the bottom. This will help to quiet your mind.	25 Going on Safari Go outside, explore the world around you, and find things that walk, crawl or fly.	26 Blow Bubbles Concentrate on blowing just the right amount of air to make the bubble grow. Then let it float away and pop along with all your worries.	27 Body Scan Start with the bottoms of your feet and slowly work up to the top of your head. What do you notice about each body part?
28 Belly Breath Lie down with a book on your belly and watch it go up and down as you breathe.	29 Mindful Listening Find a recording or something around the house that can make a sound (animal sounds, a bouncing ball, a blender). Close your eyes and guess what it is.	30 Mindful Movement Reach for the stars while you take a deep breath, then slowly touch your toes as you exhale. Check in to see how you feel.	31 Make a ‘Thankful’ Jar Everyone gets to write something they are thankful for and put it into the jar all week long. Then, take turns reading all the thankfulness inside.	<p>For more information on these topics and more, visit atlantichealth.org/grow</p> 		