

Mental Health Awareness Month

Enjoy these daily activities with your child to promote social/emotional development

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Make Green Ribbons to Wear	2 Make a Meal Together
3 Create Magic Tricks to do together	4 Have a Taste Test with Different Foods	5 Draw a Family Picture	6 Let's Take a Walk Together	7 Feeling Charades with the Family	8 Family Dance Party!	9 Read a Book as a Family
10 Paper Plate Emotion Masks	11 Make and Fly Paper Airplanes	12 Each Family Member Name One Kind Thing They Did Today	13 Create a Calm Corner in the House	14 Let's Blow Bubbles	15 Go Through Family Pictures Together	16 Play Hot Potato
17 Label your Child's Feelings	18 Family Game Night	19 Play Dress up	20 Create a Scavenger Hunt	21 Feelings Bingo	22 Family Slumber Party	23 Draw Portraits of Each Other
24 Let's Exercise Together!	25 Color a Family Picture	26 Play I Spy	27 Have a Picnic	28 Play Red Light/ Green Light	29 Tell Each Family Member 3 Things you love about them	30 Take Turns Telling a Story
31 Build a Fort Together						



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If you or someone you know needs support, please contact our Behavioral Health Department at 888-355-5433.



