



**PURPOSE** //

- Connect as a family
- Practice self-care
- Identify good mental health practices

**INSTRUCTIONS** //

**Materials**

- Blank weekly planner
- Pen/Pencil

**Assembly**

1. Fill out the weekly planner with some of the examples or your own
2. Place where everyone can see it (refrigerator, wall, door, etc.)

**Application**

- Sit down together to commit to one week of practicing self-care/ good mental health activities
- As a family, decide 7 activities/practices that you would like to try during the week
- Meet at the end of the week and discuss which of the activities were enjoyed the most, or which should be kept to practice consistently in the home

**Let us know how the activity goes!**

We'd love to hear from you or receive pictures or tag us on social media:



Contact [Ilana@ErikasLighthouse.org](mailto:Ilana@ErikasLighthouse.org) for more information

# WEEK PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# WEEK PLANNER

Here are some ideas of what you might want to commit to as a family during your good mental health week. Work together as a family and feel free to add your own

- Take a family bike ride for 30 min
- Sit down to talk about your week
- Prepare a healthy meal together
- Write down 5 things you are grateful for
- Take a 30 min walk around your neighborhood
- Try a relaxing activity (Meditation, Breathing exercises, etc.)
- Tech-free day. Put your mobile devices/screens down for an evening
- Write compliments for each member of the family and share them
- Have a mindful coloring session as a family
- Have a dance party
- Practice yoga
- Create a mood boosting playlist
- Have a paint night
- Plan an act of kindness you can do as a family (Help a neighbor, family member or friend)