



MENTAL HEALTH MONTH OCTOBER 2022

EVERYONE HAS MENTAL HEALTH. WE CAN ALL BENEFIT FROM LOOKING AFTER OUR OWN MENTAL HEALTH AND THE MENTAL HEALTH OF OUR FAMILIES & COMMUNITIES.
HERE ARE SOME PLAYFUL IDEAS FOR WAYS TO REFLECT, HAVE FUN, AND FIND CONNECTION THROUGH OCTOBER.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Mindful eating |
Serve up ice-cream,
how slowly can you
eat it?

Go on a walk you **2**
have never been on
before

Take 3 for the sea. **3**
Pick up 3 pieces of
rubbish before the day
is out.

Push up challenge **4**
Play: PUSH IT! 5
minutes GO!

Share 3 good things
& something you **5**
would change from
your day

Listen to a bedtime **6**
meditation

Play the GYM album **7**
and make up your
own dance moves

Create a family **8**
conversation jar

Have a funniest joke **9**
contest

MENTAL HEALTH DAY **10**
Participate in a fun
community / school
event

Make up a silly song **11**
while doing a chore

Lights out: go to **12**
bed earlier than
you normally would

Share a quirky + **13**
interesting fact

Tell someone how **14**
much you appreciate
them

Watch a family **15**
movie

Play guess the **16**
feeling. Describe the
feeling without using
its name

Hula Hoop or **17**
skipping. 5 minutes -
who can skip or hoop
the longest?

Write down 3 things **18**
you are grateful
for

Make a family **19**
music playlist

Bring out the **20**
conversation jar and
play at dinner time

Have a dress up **21**
dinner party

Get out in nature **22**
today & hug a tree

Listen to an episode **23**
of the GYM podcast
on a drive

Pick a favourite **24**
family activity and
plan to do it this week

Sing/Rap the GYM **25**
resilience RAP

Bust out some **26**
family yoga moves

Draw something **27**
that brings you joy

Have a kitchen disco **28**

Try a day without **29**
screen time

Listen to a GYM **30**
podcast & print off
corresponding
colouring in sheet

Lie on each other's bellies **31**
and laugh!