



FAIRFAX - FALLS CHURCH

Community Services Board

Mental Health Awareness Month

Celebrate Mental Health Awareness Month by doing something fun and healthy each day. A simple activity can create positive memories, help children express their feelings, and build our resiliency.

Wellness, Health Promotion, and Prevention

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Call a friend or family member.	2 Play a game.
Virginia Resiliency Week (May 3-9) – go to grscan.com/resilience-week-virginia						
3 Do 10 jumping jacks.	4 Draw a picture of yourself and tell someone about it.	5 Write a short story.	6 Stretch as high as you can.	7 Wear green for Children’s Mental Health Awareness Day.	8 Go outside and take a breath of fresh air.	9 Create a theme day, decorate, dress up, have fun!
National Prevention Week (May 10-16) – go to samhsa.gov/prevention-week						
10 Write someone a letter.	11 Read a book and talk about the characters.	12 Make a healthy snack together.	13 Practice positive self-talk, “I’m a helpful person” or “I’m a good friend.”	14 Run or skip for five minutes.	15 Write a rhyming poem.	16 Watch a movie with your family.
17 Do something kind for someone.	18 Try something new today!	19 Share the best part of your day and why.	20 Praise or thank a family member for something they did today. “Great job” or “Thank you for...”	21 Do 10 sit ups.	22 Tell someone a joke!	23 Go outside and notice three different things then share what you saw.
24 Get a good night’s sleep.	25 Write a song and perform it.	26 Make a card for a veteran or first responder and send it.	27 Give a family member or a friend a compliment.	28 Play Freeze Dance! youtu.be/95fTVWu1iro	29 Get up or go to bed 15 minutes early.	30 Build something inside.
31 Practice gratitude. Write three or more things you are thankful for.	Mental Health Month Activities 31 Ways to Build Resilience during Resiliency Week, May 3-9 – go to bit.ly/build-resilience-calendar Military and Veterans – go to maketheconnection.net/mhm National Association of Families for Children’s Mental Health – go to ffcmh.org/awarenessweek					



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711.

www.fairfaxcounty.gov/csb

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