ACTION CALENDAR - FOR FAMILIES

30 actions to help parents look after themselves and their families in challenging times. Please use and share

1 Go on a smile collecting mission, starting with a smile in the mirror

2 Choose one song each and arrange a family dance off

3 Send someone a message to show you really appreciate them

4 Take turns to notice 3 things around you that are beautiful

5 Be kind to yourself and others

6 Together, make a list of things you are grateful for

7 Think of a goal to work towards and do one thing to get started

8 Take a mindful walk together and notice what you see hear and smell

9 Play Musical Statues

10 Create a bedtime routine together to help with sleep

11 Bake cupcakes and decorate them as gifts for each other

12 Cross your arms and give yourself a hug

13 Take turns to share a happy memory

14 Find out about the values and traditions of another culture

15 Do something together to support a local charity

16 Create a collage of things that make you feel happy

17 Before bedtime, share what has gone well during the day

18 Introduce a family 'Daily Pause' to be calm together

19 Create a family wishes jar and take steps to make them happen

20 Learn a new skill together as a family

21 Create a kindness box to keep a record of kind actions

22 'Surprisercise' yourself. Find unexpected ways to move your body

23 Make a rainbow salad

24 Smile and say something positive every time you walk into a room

25 Create a poster highlighting everybody's strengths

26 Notice the shapes, colours and smells of a new family meal

27 Make a list of things that have helped you cope with difficult times

28 Tell someone you love how much they mean to you and why

29 Do something good for the environment

30 Hold an awards ceremony to celebrate acts of kindness

"A person's a person, no matter how small"
- Dr Seuss

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living at www.actionforhappiness.org/10-keys

Keep Calm · Stay Wise · Be Kind