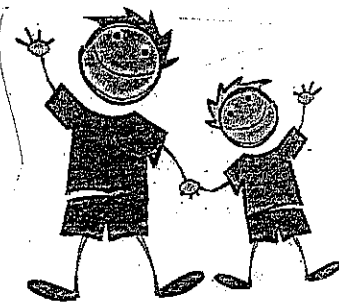




FAW's Mental Health Calendar

March 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 Practice taking deep breaths on your own or with your family.	2 Go outside and play for at least 30 minutes today.
3 Pray today. Ask God for what you need and thank Him for all you have.	4 Make a thank you card for someone in your family or someone at school	5 Start a journal you can write your feelings in when you have a bad day.	6 Do 3 sets of 20 jumping jacks with your family.	7 Set a timer and be still and quiet for 5 minutes today.	8 It's Friday! Turn on some music and dance for at least 5 minutes.	9 Go outside and play for at least 30 minutes today.
10 Pray today! Ask God for what you need and thank Him for what you have!	11 Practice deep breathing again on your own or with your family.	12 Do a random act of kindness for a family member or a friend.	13 Share something that worries you with a family member.	14 Write down 3 things you are good at on a piece of paper.	15 It's Friday! Take a walk with your family.	16 Go outside and play for at least 30 minutes today.
17 Pray today. Ask God for what you need and thank Him for what you have.	18 Find a jar and decorate it as a gratitude jar.	19 Have each family member add something to your gratitude jar.	20 Practice deep breathing again and notice the sights and sounds around you.	21 Find a ball. Play catch with a family member.	22 Big challenge! Unplug Friday! No technology for 30 minutes!	23 Go outside and play for at least 30 minutes today.
24 Pray today. Ask God for what you need and thank Him.	25 Compliment at least 3 people today with a positive	26 Make and hide a surprise somewhere for a family member.	27 Add something to your gratitude jar.	28 Sit on the floor and do your deep breathing practices.	29 It's Friday! Dance off challenge with your family!	30 Go outside and play for at least 30 minutes today.
31 Pray today. Ask God for what you need and thank Him for all you have.						

Family Name _____