



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 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)