

Want to have positive mental health as a family?

Embrace these G.R.E.A.T. values

PARENT Activities #familyMH5aday

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Week	G = GIVE	R = RELATE	E = ENERGISE	A = AWARE	T = TRY SOMETHING NEW
1	Give someone else in the family a break from a chore they always/usually do. Take over shopping/washing/ etc for a day/ weekend / the festive season	Aim to have 5 family meals without any gadgets/ TV /phones and have a family conversation	Go for a walk with your family / run/ cycle exploring a new area.	Go for an evening moonlit walk with some of your family. Notice the evening sky and how things are different from the day. Chat about the day.	Bake /cook something you haven't tried before with a family member - Christmas or seasonal themed - and share with the family. Take a photo
2	Give yourself some ME TIME. Let the family know so you are not interrupted but make sure you take 30 minutes out of the day just for you. Treat yourself.	Phone or skype an older family member who lives away from you and who you have not spoken to for a while and have a long conversation.	Turn off the Wifi at meal time, and before bed time, or just for an hour a day	Watch / listen to the headline News; note down if it changes during the day. Reflect on what is the biggest crisis in our world today with your family over a dinner conversation	Let your children try to teach you something. For example, getting them to teach you mine craft/Lego, computer game, new dance, a math's equation or a historical fact
3	Find a charity event and either fundraise for it, or host a 'fun' event for it. It could be any charity which is either topical for that month or means something to you. For example Movember or Breast cancer	Give each child some one to one time, doing something together for a set time with no disruptions., Possibly Ask them open ended questions about their school, friends, anxieties, dreams. Have fun together.	Lie down and read a non-digital book/magazine and RELAX for 30 minutes. Take a photo of what you were reading OR give yourself a home pamper session OR do both.	When you wake up, think of 5 things you're grateful for and text them or email to yourself or write down or take a photo of what you are grateful for	Take part in a hobby or activity that another family member/friend does
4	Let your child see you doing something for someone else, e.g helping a neighbour/ Grandparent/ visiting a nursing/ care home/ making cakes for someone/ showing you care for others	Watch 1 YouTube videos from TIME TO CHANGE about Mental Health. Discuss what does it mean to have positive mental health with a family member	Eat 3 different healthy breakfasts and introduce healthy snacks into the house for the family to eat. Drink more water	Write down what are your most stressful points in the day. Think about what you can do to de-stress the triggers. Different habits perhaps. Different approaches? Talk to your family if you need help.	Read a magazine or newspaper or nonfiction book you would not normally read. Finish it. Take a photo of your most interesting page.
5	Organise an alternative advent calender where the kids are encouraged to put one thing in to a box for the homeless or something for the foodbank	Play some games together with the family. Go to the cinema and/ or let someone else in the family choose the DVD to watch	Go out on the bikes with a sketch pad and draw something on route or take photos of striking scenes	Magic Moments – Get yourself a jar or envelope to write or store lovely experiences. Time with family and friends, celebration days, personal experiences. When you are feeling anxious, open your 'Magic Moments' and check how great you are.	Go to a gig/concert in a music genre you wouldn't say you like. Likewise, buy a novel in a style you wouldn't normally choose. If you never do, go to the ballet / rugby . Just extend yourself and LIVE ☺

Parents please write a signature in each box after you have successfully achieved each activity. Please also sign the pledge of authenticity at the bottom.

I (Parents Signature)confirm that the activities above were completed by (Name).....

Hand in the signed and finished form to your tutor before December 15th so it can be counted towards a Tutor award. Don't delete the evidence.