



# 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** 'Surpriserise' 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](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living at [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

**Keep Calm · Stay Wise · Be Kind**