

Mental Health and Wellbeing Family Challenge! # Let's get our Community Talking

<p>1 Send a smile; smile at 5 new people today.</p>	<p>2 <i>No phones for a night and plan something fun to do as a family, for free.</i></p>	<p>3 Go on a walk with family or friends.</p>	<p>4 <i>Record 3 good things that have happened this week</i></p>	<p>5 <i>Tell someone you love them.</i></p> 	<p>6 WRITE A THANK YOU NOTE / CARD FOR SOMEONE THAT YOU LOVE.</p>
<p>7 Do something to help someone else.</p>	<p>8 <i>Plan a movie night with the family.</i></p> 	<p>9 Forgive someone.</p>	<p>10 <i>Create a cup of things your thankful for as a family.</i></p>	<p>11 <i>Visit someone you haven't seen in a while.</i></p>	<p>12 Give someone a hug that you love.</p> 
<p>13 <i>Surprise someone special to you.</i></p>	<p>14 Cook a family dinner together .</p>	<p>15 BE KIND TO YOURSELF, HAVE A BREAK AND DO SOMETHING YOU ENJOY.</p>	<p>16 Show someone you care.</p> 	<p>17 Join in with a community event.</p>	<p>18 TELL SOMEONE HOW YOU'RE FEELING.</p>
<p>19 <i>Play games with family or friends for one hour.</i></p>	<p>20 Make a plan to achieve your goal.</p>	<p>21 Watch a sunset or visit the beach and listen to the waves.</p> 	<p>22 Perform a random act of kindness.</p>	<p>23 Sit down and listen to your favourite music with no social media or distractions.</p>	<p>24 Try a new sport/hobby or get outside and do some exercise with friends or family.</p>
<p>25 Do some arts and crafts with your family.</p>	<p>26 Talk about loved ones that have passed and do something to remember them.</p>	<p>27 <i>Make a bucket list of things you want to achieve this year.</i></p>	<p>28 Do something spontaneous and fun as a family .</p>	<p>29 <i>Spend 30 minutes talking as a family to understand how everyone is feeling.</i></p>	<p>30 Turn off the Wi-Fi and all electronics and spend time together as a family doing something you enjoy!</p>

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