

WE ALL HAVE A ROLE TO PLAY

Experience, discover, join in and connect with Mental Health Month

Connection Calendar for children

Discover what's on these school holidays
[@Share our Space](#)

Click through the calendar or use the link below to explore and connect

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCHOOL HOLIDAYS	25 See if your school is open through the Share our Space program	26 Create a family crest	27 Start your day with 5 mindful moments	28 Before dinner, talk about the best thing that happened today. What made it so good?	29 Plan a fun exercise you will do every day during October	30 Make a list of your 5 favourite songs	1 Make a map of your neighbourhood
	2 Have a day without TV, computers or consoles	3 Write a note to a friend and put it in their letterbox	4 Share a game, toy, book with a friend or someone in your family – and think how the new owner might use them	5 Create an obstacle course with household items – and beat your best time	6 Try box breathing, it's as easy as 1,2,3,4	7 Discover new fun and healthy food ideas	8 Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night
	9 Find out which famous or historical people you share your birthday with and learn five new things about them	10 World Mental Health Day Find a 'feel good' game	11 Learn a new joke to tell at dinner time	12 Lay quietly and listen to calming sounds. What do you hear?	13 Think about someone you admire, what values do you share with them?	14 Arrange to meet up with a friend	15 Do a 'Just Dance' challenge from Youtube with your family
	16 Discover your local Aboriginal language	17 Help out with a chore that you usually don't do	18 Try your hand at origami	19 Finish an old craft project you started – or start a new one!	20 Create a lucky dip of favourite movie titles – for a family movie night with the lucky draw	21 Complete a journal entry each day for a week	22 Offer to help cook dinner
	23 Try and have 5 glasses of water today	24 Go to bed early and read a book	25 Before you go to sleep – try a calming countdown	26 Use an old jar and plant some seeds and see what grows	27 Today is World Teachers' Day	28 Create your own game and show someone how to play it	29 Grandparents Day – if you can, call your grandparents and have a chat
	30 Kids Helpline is a safe and easy way to share any worries you might have. 1800 55 180	31 There are people you can talk to every day at school	<p>Mental Health Month – we all have a role to play education.nsw.gov.au/student-wellbeing/mental-health-month</p>				