

Tune in: experience, discover, join in and connect

MENTAL HEALTH MONTH
OCTOBER

Discover what's on these school holidays @Share our Space

Connection Calendar for children

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

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

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

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[Kids Helpline is a safe and easy way to share any worries you might have. 1800 55 180](#)

education.nsw.gov.au/student-wellbeing/mental-health-month